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Tuesday



Troops begin work at the U.S.-Mexico border.

Border Duty: Guard troops start immigration crackdown | **5**

Brazen Raid: 50 kidnapped in challenge to Iraqi leaders | **7**



Wie Wanes:
Impressive bid for Open falls short | **11**

ENTERTAINMENT

Little Terror:

That *Damien*! Always getting into trouble in 'The Omen.' Also, actors in love, for now; Costello & Toussaint.

>> **15-21**



Weather >> Variably Cloudy



75 | 60

FULL FORECAST ON PAGE 34

School Race Case on Docket

Justices agree to rule on public school affirmative action

WASHINGTON | The Supreme Court agreed Monday to decide whether skin color can be considered in assigning children to public schools, reopening the issue of affirmative action.

The announcement puts a contentious social topic on the national landscape in an election year, and tests the conservatism of President Bush's two new justices.

The outcome could mark a new chapter for a court that famously banned racial seg-

regation in public schools in *Brown v. Board of Education* in 1954.

Since then, race questions have been hugely divisive, both for the court and the public. Three years ago, more than 5,000 people demonstrated outside as the justices considered whether public universities could select students based at least in part on race. Justice Sandra Day O'Connor broke a tie to allow it in a limited way.

The court's new interest is in public schools, far more sweeping than universities. And O'Connor is gone, replaced by conservative Justice Samuel Alito. The justices will hear appeals this fall from a Seattle parents group and a Kentucky mom, who argue that race factors improperly penalize white students.

At its heart, the court will consider whether school leaders can promote racial diversity without violating the Constitution's guarantee against discrimination. GINA HOLLAND (AP)

Islamic Militants Seize Somalia's Capital



VICTORIOUS: Islamic militants drive a truck carrying an anti-aircraft gun in Somalia on Monday. The militia, believed to have links to Al Qaeda, seized the capital, Mogadishu, raising fears the nation could fall under the sway of Osama bin Laden's terror network. ♦ **Gaining ground:** Militia's grip tightens | **Page 6**

COMBINATIONS | Next: Hot Dog Eclairs A St. Louis minor league baseball team has introduced at its concession stands a bacon cheeseburger served between a Krispy Kreme donut, WCBS-TV reported. Gateway Grizzlies concession opera-



tors say the \$4.50, 1,000-calorie "Krispy Kreme Cheeseburger" is not meant to be eaten with ketchup; fans say it's better than expected. "It's pretty good," said Cynthia Bowers, who tried one earlier this month. (EXPRESS) **EyeOpeners** | **Page 2**

eyeOpeners

PUNISHMENT FITTING CRIME

We'll Show YOU How The Cookie Crumbles

A Richmond, Va., eighth-grader was suspended from school for a day and kicked off the baseball team for eating a staff member's cookie.

Jeremy Maitland was in the Hungary Creek Middle School kitchen on May 17 filling a water cooler for a baseball game when he and other students saw the cookies and decided to have some. The assistant principal determined that the cookies were a staff member's personal food; Jeremy and another student were disciplined under the school's theft code and were suspended. Maitland and his mother appealed the decision in front of school officials Monday. (AP)



REGULATIONS

Also, a 3-Firecracker Limit to Be Enforced

A fake letter sent to parents of a Madison, Wis., high school senior class has caused concern and confusion about alcohol at the school's prom, WTNH-TV reported.

The letter, written on official Daneil Hand High School letterhead, told parents that, as a way to solve the problem of students sneaking alcohol into the dance, there would be an open bar with an eight-drink maximum — provided parents sign a permission slip. "It's pretty ridiculous, but I think kids are gonna fall for it. Parents are going to fall for it," said student John Ballantine. "It's gonna cause some problems." The superintendent said the school is investigating. (EXPRESS)



GRAIN PROCESSING

General Admission Mills

It was Miller Time across Germany on Monday, National Mills Day, when about 1,000 watermills and windmills — including this one visitor Julia Remus pushes in Schillingstedt — opened their doors for thousands of guests. This year marked the 75th anniversary of Mills Day (EXPRESS)



HOME REMEDIES

Wash, Rinse, Explode

A St. Paul, Minn., man is recovering after his washing machine exploded Monday, KSTP-TV reported. Glenn Johnson put detergent and gasoline in the washer to help clean grease off his clothes, a practice he said he has used for 25 years without incident. "I've done it a hundred times before," Johnson said. "This is the first time it ever exploded on me." After he put the fuel in the washer, the fumes dissipated throughout his basement and were ignited by the hot water heater, officials said. Johnson was hit square on by the blast of flame, burning both his legs and knocking him out of the laundry room. (EXPRESS)



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BONE YARD: A husband and wife team of amateur archaeologists has unearthed human skeletons, believed to be about 250 years old, at a burial site on the Hudson River. The pair said it's likely the remains date back to the French and Indian War.

Nation

In Brief

CHICAGO

Drug Czar Announces Bust Of Tainted Heroin Supply

U.S. agents, working in cooperation with the Mexican government, have closed down a lab in Mexico that might be the main source of a powerful painkiller that has killed at least 100 heroin users in eight states, the federal drug czar said Monday. John Walters, director of the White House Office of National Drug Control Policy, said five Mexican citizens were arrested during a bust last month. (AP)

NEW YORK

Judge Promises Life Terms For Convicted 'Mafia Cops'

A judge told two former detectives Monday that they will get life in prison for moonlighting as hit-men for the mob. But U.S. District Judge Jack B. Weinstein said he would not impose the sentence on Louis Eppolito and Stephen Caracappa until late June. The two former partners were convicted in April of participating in eight slayings between 1986 and 1990 while simultaneously on the payroll of the New York Police Department and the Luchese crime family. (AP)

Date With the Devil

→ In a city where the selling of souls is a main economic activity, you'd expect some hubub on 6/6/06. Joel Garreau notes some of the day's hell-raising happenings. | **CI**

IN The Washington Post

Bush Rallies Foes of Gay Marriage

Senate begins debate on amendment likely to fall short on votes

WASHINGTON | Cheered by conservative supporters, President Bush gave a push Monday to a constitutional amendment to ban same-sex marriage as the Senate opened debate on an emotional, election-year measure that has little chance of passing.

"Our policies should aim to strengthen families, not undermine them," Bush said in a speech. "And changing the definition of mar-

riage would undermine the family structure."

All Senate Democrats, except Ben Nelson of Nebraska, oppose the amendment, and critics say Bush's efforts are primarily aimed at energizing conservative voters for the November elections. Together with moderate Republicans, the Democrats are expected to block a yes-or-no vote, killing the measure for the year.

Sen. Wayne Allard, R-Colo., who sponsored the measure, acknowledged that politics played a part in the timing of the debate, but for a



President Bush speaks about gay marriage in Washington on Monday.

CHARLES DHARAPAK/AP

different reason: to force senators to take a stand and answer for their votes on the campaign trail.

The amendment would prohibit it states from recognizing same-sex marriages. To become law, it would need two-thirds support in the Senate and House, and then would have to be ratified by at least 38 state legislatures.

The White House played down the significance of the 10-minute presidential event, saying Bush was simply speaking out on an issue being debated on Capitol Hill.

DEB RIECHMANN (AP)

MINNESOTA | SEPARATED TWINS HEAD HOME



JIM MONE/AP

SPLIT: Jesse and Amy Carlsen hold Abigail, left, and Isabelle, right, at the Mayo Clinic on Monday in Rochester, Minn., before the formerly conjoined twins, separated three weeks ago, return to their Fargo, N.D., home.

Texas Police on Hunt For Missing Newborn

Baby girl taken from house by woman who had posed as nurse

LUBBOCK, TEXAS | Police studied hospital surveillance video and went door to door Monday in a race to find a sick 5-day-old baby and the woman who stole the newborn by posing as a nurse in medical scrubs.

The kidnapper had befriended the mother, Erica Ysasaga, while she was still in the hospital, then stole the baby on Sunday afternoon after Ysasaga had gone home.

The baby girl, Priscilla Nicole Maldonado, has jaundice, and

blood tests before her abduction showed her condition worsening, University Medical Center spokesman Greg Bruce said.

Police released a composite sketch in an effort to identify the woman and find her. "We're obviously still canvassing the neighborhood and talking to everyone we possibly can," said police Lt. Roy Bassett.

In the hospital, the kidnapper led the mother to believe she was a nurse by dressing like one, asking questions about the baby and retrieving towels, the family said. When Ysasaga was released, the woman asked for her address, saying she had gifts for the baby. BETSY BLANEY (AP)

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The number of consecutive hours an Ohio man bowled in an attempt to reclaim his world record for the sport's endurance title. Guinness is checking to see if he beat the previous record.

Nation

Guard Starts Border Duty

First wave of troops arrive on U.S.-Mexico border in crackdown

SAN LUIS, ARIZ. | Military bulldozers, road graders and other heavy equipment rumbled along the Mexican border early Monday as more than 50 National Guardsmen from Utah became the first unit to get to work under President Bush's crackdown on illegal immigration.

The soldiers with the 116th Construction Support Equipment Company rolled out at 3:45 a.m. for more than two weeks of duty. They will improve a dirt road running parallel along the border, reinforce a fence and wire new lighting to help the Border Patrol spot illegal immigrants trying to come across.

"It's exciting to do something that's relevant to the safety of the United States," said Capt. Talon Greeff, the unit's commander. "There is a sense of excitement when you are doing something



FENCED IN: Utah National Guard troops from the 116th Construction Equipment Support Company extend a wall along the U.S. border in San Luis, Ariz., on Monday.

real-world."

The goal is to strengthen the border and free up border agents to catch illegal immigrants. The Guard is not expected to perform any significant law enforcement duties.

Under Bush's plan, up to 6,000 National Guardsmen will be sent to the four southern border states. Officials say 300 Guardsmen from Arizona are expected to begin arriving at the state's border in mid-June.

ARTHUR H. ROTSTEIN (AP)

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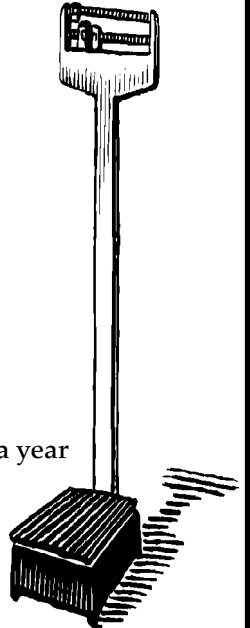
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World



ON THE MOO-VE: A cow being delivered to a Japanese slaughterhouse tried to bolt to freedom Sunday, leading nearly two dozen police on a 3.7-mile car chase before crashing headfirst into a metal fence and dying.

Canadian Terrorism Probe Expands

Authorities search for clues in 7 countries, predict more arrests

TORONTO | Police said Monday more arrests are likely in an alleged plot to bomb buildings in Canada, while intelligence officers sought ties between the 17 suspects and Islamic terror cells in the United States and five other nations.

A court said authorities had charged all 12 adults arrested over the weekend with participating in a

terrorist group. Other charges included importing weapons and planning a bombing. The charges against five minors were not made public.

The Parliament of Canada, located in Ottawa, was believed to be one of the targets the group discussed.

Authorities said more arrests were expected, possibly this week, as police pursue leads about a group that they say was inspired by the violent ideology of the Al Qaeda terror network.

"This investigation is not fin-

ished," Mike McDonell, deputy commissioner for the Royal Canadian Mounted Police, told Canadian Broadcasting Corp. on Monday. "Anybody that aided, facilitated or participated in this terrorist event will be arrested and prosecuted in court."

A U.S. law enforcement official said investigators were looking for connections between those detained in Canada and suspected Islamic militants held in the United States, Britain, Bangladesh, Bosnia, Denmark and Sweden.

American authorities have established that two men from Georgia who were charged this year in a terrorism case had been in contact with some of the Canadian suspects via computer, the official said, speaking on condition of anonymity because the investigation is continuing.

Prosecutors have said the Georgia men, Ehsanul Islam Sadeque and Syed Haris Ahmed, traveled to Washington to shoot "casing videos" of the Capitol and other potential targets.

BETH DUFF-BROWN (AP)

In Brief



Workers collect the flag of the former flag of Serbia-Montenegro on Monday.

BELGRADE, SERBIA Serbs Declare Independence

Serbian lawmakers proclaimed their Balkan republic a sovereign state Monday after tiny Montenegro decided to split from a union and dissolve the remnants of what was once Yugoslavia. The 126 lawmakers unanimously acknowledged that their state is the heir to the union of Serbia-Montenegro — the last shred of what was once a six-member Yugoslav federation. (AP)

JEJU, SOUTH KOREA Historic Cross-Border Train Test Put on Hold

South Korea on Tuesday failed to convince North Korea to hold test runs of cross-border railways after the communist country abruptly canceled such plans last month. The trials would have been the first time trains crossed the frontier in more than half a century, and were a high-profile part of reconciliation efforts between the Cold War rivals. However, the North called off the tests just a day ahead of the historic event was scheduled. (AP)

LONDON Report Criticizes Response To Terrorist Bombings

Flawed emergency planning and communications breakdowns, including jammed cell phone networks and radio failures, hampered rescuers' response to London's deadly transit bombings last year, an inquiry said Monday. The official report highlighted confusion in response to the July 7 bombings after cellular networks became overloaded and radio communications from street level to rescue workers in the subway failed. (AP)

Abbas to Call for Israel Vote

Palestinian President pushes ahead plan to recognize Jewish state

RAMALLAH, WEST BANK | Palestinian President Mahmoud Abbas said Monday he will call a referendum on a plan implicitly recognizing Israel after he failed to persuade Hamas to agree to the idea.

The Islamic militant Hamas, which heads the Palestinian government, strongly opposes a referendum.

Abbas had set a midnight deadline for agreement. But a participant in late-night talks with Palestinian factions said the president determined they had failed an hour before that.

The Hamas-led government is facing international isolation over its refusal to renounce violence and recognize Israel. The United States, European Union and Israel have cut off cash transfers to the Palestinian government since Hamas won legislative elections earlier this year.

Its hardline stance has landed it in an increasingly violent power struggle with Abbas and his Fatah party, the other main Palestinian faction. Since Hamas was sworn into office in March, Abbas has taken steps to curb its authorities. (AP)



IN CONTROL: Somalia Islamic militia members rest next to a truck carrying an anti aircraft gun that they have seized from a secular alliance of warlords on Monday after they took control of Mogadishu. The group is alleged to have ties with Al Qaeda.

Islamic Militia Seizes Somali Capital

Group allegedly tied to Al Qaeda declares victory in Mogadishu

MOGADISHU, SOMALIA | An Islamic militia with alleged links to Al Qaeda seized Somalia's capital Monday after weeks of fighting with U.S.-backed secular warlords, raising fears that the nation could fall under the sway of Osama bin Laden's terrorist organization.

The advance unified the city for the first time in more than a decade and after 15 years of anarchy in this Horn of Africa nation.

But it also posed a direct challenge to a fledgling U.N.-backed Somali government.

"We won the fight against the enemy of Islam. Mogadishu is under control of its people," Sheik Sharif Sheik Ahmed, chairman of the Islamic Courts Union, declared in a radio broadcast on Monday.

The militia, which has formed an alliance that transcends clan, controls a 65-mile radius around the capital after fighting off a secular alliance of warlords.

The Islamic militia is gaining ground just as the U.N.-backed interim government struggles to assert control outside its base in Baidoa, 155 miles from Mogadishu. The prices of weapons soared there on Monday as fears grew that the militia could head to Baidoa next.

MOHAMED OLAD HASSAN (AP)



CALLED OUT: China will scramble mobile phone signals in exam halls and have police stand guard in a bid to stop cheating as students take the competitive college entrance exams this month.

World

50 Kidnapped in Baghdad

Attack at bus station is seen as challenge to the Iraqi government

BAGHDAD, IRAQ | Gunmen in police uniforms staged a brazen daylight raid on bus stations in central Baghdad on Monday, kidnapping at least 50 people, including would-be travelers, merchants and vendors selling tea and sandwiches. The operation was a direct challenge to the prime minister's efforts to restore security in the capital.

The victims were herded into more than a dozen vehicles, according to witnesses and officials. It was not known who was behind the attack, but the Shiite-dominated Interior Ministry denied that police were involved.

The attackers arrived at mid-morning and began randomly grabbing people in the shabby business district, where several transportation companies are based and buses pick up passengers traveling mostly to Jordan, Syria and Lebanon, Lt. Col. Falah



An Iraqi officer raises his gun as police provide security for thousands of Shiite supporters. Sectarian violence remains a major challenge for the Iraq government.

al-Mohamedawi said.

It was the latest in a series of setbacks for Prime Minister Nouri al-Maliki, who announced a security plan late last month aimed at restoring order in Baghdad, which has been hit hardest by suicide attacks, roadside bombs and sectarian death squads.

He has not released details of the plan, and violence has persisted in the capital of 5 million people, where at least eight people were killed Monday, including a Shiite school guard and two Sunni brothers who were shot to death as they were driving to college. KIM GAMEL (AP)

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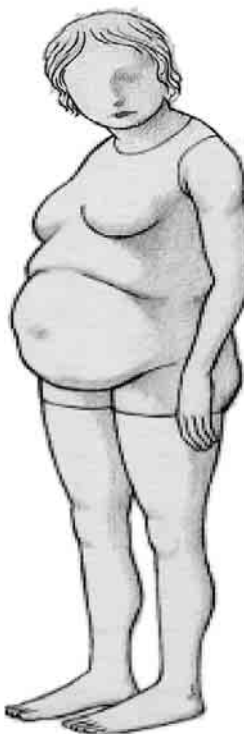


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LAW AND ORDER Fairfax Republicans are recruiting a lawyer with federal government experience to run for the top post in the region's largest local government. Gary Baise of Falls Church may run for Board of Supervisors chairman in 2007.

Local

ALEXANDRIA | SQUIRREL FIGHT



GERALD HERBERT/AP

VERMIN OFFENSIVE: Two local squirrels frolic on a Virginia sidewalk Monday, which was mostly overcast. Expect more of the same weather today.

Six Suspended in Jailbreak Fallout

WASHINGTON | Six corrections officers were placed on administrative leave while officials investigate the escape of two inmates from District of Columbia Jail, the city's corrections director said Monday.

Both inmates escaped Saturday through a broken window and were captured Sunday, officials said.

One inmate was found at a hotel in Alexandria, Va., while the second was apprehended after a short chase in Seat Pleasant, Md., according to police and the Capital Area Regional Fugitive Task Force. Both were being kept in jail in Alexandria.

"Everyone who may have had some knowledge of how this took place, whether it be staff or inmate, will be investigated," said Devon Brown, director of the D.C. Department of Corrections. (AP)

Study: Immigrants Pay Up

Foreign-born making up fair share of taxes in region, report says

WASHINGTON | The region's immigrants are paying their share in taxes, according to a study released Monday by the Urban Institute.

In 1999, the year studied by the nonpartisan group, foreign-born households accounted for 17.7 percent of all taxes paid by area resi-

dents — a figure nearly identical to their share of the total population in 2000, which was 17.4 percent.

But the average illegal immigrant household and those with temporary protected status paid less than 2 percent of the region's taxes, even though they made up more than 4 percent of households.

The report found that relatively large populations of Asians, Middle Easterners and Europeans in the D.C. area pay more taxes than most

native-born Americans, helping to offset the low tax payments of illegal and poor immigrants.

The findings were released as Congress debates immigration reform, which has led to intense public debate over whether immigrants benefit or burden the U.S. economy and taxpayers.

In a recent nationwide survey by the Pew Hispanic Center, 56 percent said they believe new immigrants do not pay their share of taxes. (AP)

Md. to Hold Special Session on Rates

ANNAPOLIS, MD. | Gov. Robert Ehrlich notified lawmakers Monday he'll call a special General Assembly session to deal with electricity rate increases, while legislative leaders were to discuss the politically volatile issue at a meeting Tuesday.

"He is alerting the legislature he

intends to call a special session," said Henry Fawell, an Ehrlich spokesman.

Senate President Thomas V. Mike Miller said earlier Monday that he thinks a special session is necessary and expects one to take place next week. (AP)

HEARSAY | PROTESTS

"I didn't know there were people in the world who did that."

—ALBERT SNYDER, FATHER OF A MARINE WHOSE WESTMINSTER, MD. FUNERAL WAS PROTESTED BY WESTBORO BAPTIST CHURCH. SNYDER IS NOW SUING THE KANSAS GROUP.

The Lotteries

Monday, June 5

DISTRICT

Mid-day Lucky Numbers	9-6-1
Evening Lucky Numbers	1-7-1
Mid-day DC 4	8-5-4-1
Evening DC 4	1-9-0-6

Rolling Cash Five	28-13-5-18-30
Daily 6	27-35-31-10-32-23 (25)

MARYLAND

Mid-day Pick 3	8-8-0
Evening Pick 3	7-1-5
Mid-day Pick 4	8-7-2-0
Evening Pick 4	5-7-6-9
Match 5	1-4-12-24-25 (31)

VIRGINIA

Mid-day Pick 3	7-7-5
Mid-day Pick 4	7-9-9-5
Mid-day Cash 5	10-14-15-16-31

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.



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Money

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The average price, in dollars, that gas costs in the United States, an increase of two cents over last week. Prices were most expensive on the west coast, where drivers paid an average of \$3.20 per gallon.

Growing Inflation Fears Drop Stocks

Fed Chair warns that interest rates could be raised once again

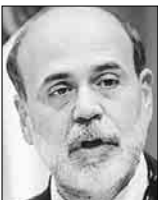
NEW YORK | Inflation fears sent stocks plunging Monday as jitters over high oil prices exacerbated signals that the Federal Reserve will keep lifting interest rates to contain price increases. The Dow Jones industrial average sank nearly 200 points.

Fed Chairman Ben Bernanke told an international monetary conference that while rising energy costs have helped slow the pace of economic growth, core inflation — excluding energy and food — was near the central bank's tolerance level and could warrant further rate tightening.

The news stunned investors who had grown hopeful that the Fed was almost done raising rates after recent data showed signs that the economy

was beginning to cool off. But with Bernanke saying inflation still posed a problem, traders worried about higher interest rates in a slowing economy limiting the potential for stocks to make long-term gains.

Stocks were already under pressure from a jump in oil prices fueled



Bernanke

by Iran's threat to cut oil exports if Western nations attack the country over its nuclear arms program.

"In reality, nothing's really changed," said

Steve Neimeth, senior vice president and portfolio manager at AIG SunAmerica. "But now, Bernanke has finally said the consumer is weak and that inflation is at the high end of the Fed's range. The market's basically nervous that they've gotten a clear signal from him." (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
TrizecPr	28.68	+4.08	+16.6
NatcoG	36.00	+2.60	+7.8
IntstHtl	7.20	+4.5	+6.7
FrankCov	8.30	+4.8	+6.1
TerraNitro	23.00	+1.29	+5.9

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
AVnrd wi	17.01	-1.93	-10.2
JLG s	18.80	-2.01	-9.7
CompX	16.03	-1.59	-9.0
TechOlyUS	16.48	-1.61	-8.9
StdPac s	27.43	-2.57	-8.6

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.00	8.00
Fed Funds close	5.00	5.00
3-month disc	4.71	4.72
2-year	4.98	4.98
10-year	5.02	5.08
30-year	5.11	5.19

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Genelb rs h	2.30	+1.54	+202.6
Lasrscp	30.65	+9.24	+43.2
Cutera	25.09	+6.31	+33.6
Phazar	11.01	+1.69	+18.1
lomai n	4.52	-.05	-1.1

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
EscalaGp	6.61	-1.53	-18.8
AmerMed	16.85	-3.65	-17.8
OnyxPh	16.82	-3.00	-15.1
WebsitPro n	8.68	-1.49	-14.7
Antigncs	2.15	-.34	-13.7

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5324	.5311	.5518
Canadian Dollar	1.1009	1.1007	1.2467
European Euro	.7745	.7742	.8185
Japanese Yen	112.24	111.62	107.82
Mexican Peso	11.3020	11.3393	10.8300
Taiwanese Dollar	32.04	32.02	31.22

DOW	NASDAQ	S&P 500
-199.15	-49.79	-22.93
-1.77	-2.24	-1.78
11048.72	2169.62	1265.29

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	67.48	-1.70	-14.4
Amylin	45.26	-2.47	+13.4
BiogenIdc	45.39	-2.32	+2
Celgene s	41.56	-2.42	+28.3
ChRvLab	39.86	-.52	-5.9
GenProbe	52.44	-1.24	+7.5
Genentch	80.29	-2.00	-13.2
Genzyme	59.80	-2.43	-15.5
GileadSci	56.49	-1.91	+7.5
Imclone	40.06	-.11	+17.0
Invitrogn	64.50	-1.03	-3.2
MedImun	30.75	-1.17	-12.2
MillPhar	8.60	-.07	-11.3
PDL Bio	19.10	-1.10	-32.8
VertvPh	31.44	-3.23	+13.6

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Research Study Trying to Improve Depressive Symptoms Quickly

Several medications are effective for treating depression; however, they take weeks or months to achieve their full effects. NIMH is studying whether a drug can cause a rapid antidepressant effect in patients with bipolar or unipolar depression. The study also tries to see if it can sustain the results with another medication in certain patients. Understanding how this works may help us understand depression and design better antidepressants. NIMH is seeking people ages 18-65 with depression (unipolar or bipolar) who are:

- Free of other serious medical conditions
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- ☐ Lack of concentration
- ☐ Feelings of anger or guilt

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"I am, I know, taking a risk in reinstating men's lacrosse. The reinstatement is inevitably probationary." —Duke President Richard Brodhead on his decision to allow the school's lacrosse team to play next season.

Sports

Nats Draft Will Be Up The Middle

With new owners, 4 early picks, Bowden can take best available

NATIONALS | When Jim Bowden was running the Cincinnati Reds, he couldn't always draft who he wanted. Rather, Bowden was forced to pick a prospect he knew he could sign to play for the small-market franchise.

The story is completely different this year in Washington with the First-Year Player Draft Tuesday and Wednesday, just weeks after the sale of the Washington Nationals to the Lerner group was officially approved by Major League Baseball.

"We'll be able to draft in a first-class manner," said Bowden, who has the 15th and 22nd picks in the first round and two second-round selections at his disposal. "Our philosophy is to take the best player."

Of course, Bowden didn't do too badly last year. He took third baseman Ryan Zimmerman with the fourth pick. Zimmerman was playing regularly in the big leagues by September and is among the favorites to be National League Rookie of the Year this season.

Can Nats fans expect another home run?

"Obviously, this draft is not the same as last year," Bowden said. "It's a little bit weaker."

Nationals director of scouting Dana Brown said pitching is the strength of this draft and that's "a good thing."

It's good because Washington's top priority is finding good young arms to replenish its farm system. The Nationals will also look for "two-way players" who can hit and play good defense, and they are putting an emphasis on finding prospects who play strong defense up the middle — shortstop, second base and center field. **MATT SWENSON (EXPRESS)**

Local Star Could Go to Home Team

D.C. schools alumnus Emmanuel Burriss is a possible first-rounder

MLB DRAFT | When Emmanuel Burriss was just starting to scratch his potential as a baseball player at Wilson High School, his favorite major league team didn't exist yet.

Now, though, the District native hopes his hometown team selects him when First-Year Player Draft gets underway Tuesday.

"I really do," Kent State's leadoff hitter and shortstop confessed.

He just might get his wish. The Washington Nationals have two picks in both the first and second round. Management acknowledges

it has scouted the shortstop heavily. Then again, there isn't a big-league team that hasn't at this point.

"He's well liked in the industry," said Washington's director of scouting, Dana Brown.

Looking at Burriss' statistics, it's easy to see why. The Mid-American Conference player of the year hit .360 while stealing 42 bases for the Golden Flashes this season. And that's after he led the Cape Cod League in stolen bases (37, or 19 more than his closest competitor) and hits (52) last summer.

Burriss, who is also drawing raves for a humble personality, is considered an above-average fielder. Baseball America ranks Burriss as the NCAA's best infielder and says



Emmanuel Burriss, who played baseball at Wilson, is a top prospect in the draft.

he could go in the first round.

Several D.C. public school students have been high picks in football and basketball, but there are no

records of a baseball player ever being drafted so high, D.C. Interscholastic Athletic Association director Allen Chin and longtime Wilson head coach Eddie Saah said.

"To me, he's one in a million," said Saah, who's encouraging the Nationals to select his former protégé. "He's just what they need."

While Burriss admits to wanting to play in D.C., he says he'll be happy playing anywhere. "To me, playing baseball is the best thing in the world," he said.

The Nationals are staying tight-lipped about if they'll choose the local star or not, though General Manager Jim Bowden says the shortstop "is a special human being with blazing speed." **MATT SWENSON (EXPRESS)**



Bowden



Michelle Wie was on the verge of becoming the first woman to qualify for the U.S. Open before three bogeys on the back nine.

Wie Misses Shot at U.S. Open Spot

Back-nine bogeys put qualifying for men's major out of reach

GOLF | Michelle Wie failed in her bid to become the first woman to play in the U.S. Open, teasing a frenzied gallery for 27 holes until three straight bogeys Monday afternoon sent her to a 3-over 75 and into the middle of the pack.

Her next stop is a major — against the women.

Wie opened with a 68 on the easier South course and still had a chance to get one of 18 spots available to the 153-player field at Canoe Brook when she strode confidently to the back nine. Needing at least one birdie to have a chance, her inability to master the greens finally caught up with her.

She finished at 1-over 143, a

score that might have been good enough to make the cut if this were a tournament.

But she was trying to make history, not a cut. And ultimately, she didn't come close.

"I'm very proud of her," said her father, B.J. Wie. "A little disappointed, but very proud. I think Michelle demonstrated that it's possible for a woman to play in a men's major."

DOUG FERGUSON (AP)

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	33	21	.611	—	16-8	17-13
N.Y. Yankees	33	22	.600	0.5	16-9	17-13
Toronto	31	24	.564	2.5	19-11	12-13
Baltimore	26	31	.456	8.5	17-15	9-16
Tampa Bay	23	34	.404	11.5	13-13	10-21

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	37	20	.649	—	17-13	20-7
Chicago	34	22	.607	2.5	20-8	14-14
Cleveland	28	28	.500	8.5	17-13	11-15
Minnesota	25	31	.446	11.5	16-9	9-22
Kansas City	14	40	.259	21.5	8-15	6-25

WEST	W	L	PCT.	GB	HOME	ROAD
Texas	30	26	.536	—	15-16	15-10
Oakland	27	30	.474	3.5	15-15	12-15
L.A. Angels	25	31	.446	5	12-14	13-17
Seattle	25	33	.431	6	16-16	9-17

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	33	22	.600	—	19-11	14-11
Philadelphia	29	27	.518	4.5	16-16	13-11
Atlanta	28	29	.491	6	13-12	15-17
Washington	25	32	.439	9	10-13	15-19
Florida	20	34	.370	12.5	9-17	11-17

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	35	21	.625	—	21-10	14-11
Cincinnati	32	24	.571	3	15-11	17-13
Houston	27	30	.474	8.5	18-12	9-18
Milwaukee	26	31	.456	9.5	17-12	9-19
Chicago	22	33	.400	12.5	12-14	10-19
Pittsburgh	21	36	.368	14.5	17-14	4-22

WEST	W	L	PCT.	GB	HOME	ROAD
Arizona	34	22	.607	—	17-9	17-13
L.A. Dodgers	32	25	.561	2.5	18-12	14-13
San Diego	30	26	.536	4	15-16	15-10
San Fran.	29	27	.518	5	14-13	15-14
Colorado	27	29	.482	7	13-13	14-16

Standings through June 4's games

Late Games: The Nationals were in Atlanta last night. For late scores and stories, see *Today's Post, Sports*.



Have You Ever Had A Panic Attack?

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- Felt afraid you might die?
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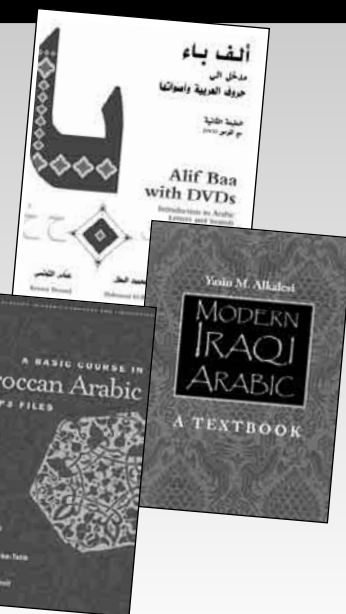
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NO SMASH HIT HERE: After more than a month of poor ratings and fights over creative control, ESPN has officially canceled its controversial reality show, "Bonds on Bonds." With his personal half-hour now gone, the Giants' slugger can return to playing baseball without any pomp or circumstance.

Sports

Old, New Stars Move On

Hingis to face Clijsters in quarterfinals; Nadal gets win versus Hewitt

TENNIS | If it all seems so long ago, that's because it was. Five years since Martina Hingis was last in the French Open quarterfinals, seven years since she was a sobbing, petulant mess while losing in the final of the only major she hasn't won.

Back on tour after a three-year injury hiatus, Hingis suddenly is a title contender again, playing all the right angles and flashing that familiar wry smile Monday as she wrapped up a 6-3, 2-6, 6-3 victory over No. 31 Shahar Peer.

"It's a new year," Hingis said, "new Roland Garros."

Now comes a true test for the new Hingis: a quarterfinal Tuesday against No. 2 Kim Clijsters, the reigning U.S. Open champion and twice a runner-up at the French Open.

Rafael Nadal, the defending



Hingis advanced to the French Open quarterfinals for the first time in five years.

champion, lugged an 0-3 career record against two-time major winner Lleyton Hewitt into their encounter, but those previous meetings were all on hard courts, and all before Nadal emerged as a star.

Nadal's 6-2, 5-7, 6-4, 6-2 victory was his 57th consecutive win

on clay and moved him closer to a possible showdown in the final against Roger Federer, who's trying to become the first man since 1969 to win four Slams in a row.

Nadal's quarterfinal foe will be Novak Djokovic of Serbia-Montenegro. HOWARD FENDRICH (AP)

Wade, Payton Missing From Heat's Practice

Three days before start of finals, Miami's star has flu-like symptoms

NBA FINALS | With the start of the NBA finals drawing closer, the Miami Heat practiced Monday without guards Dwyane Wade and Gary Payton because of illness.

Wade was with the team for pre-practice meetings Monday before leaving to see a physician because of a flu-like virus that he's been fight-

ing since Friday.

He was briefly hospitalized hours before Game 6 of the Eastern Conference finals because of dehydration, but played and scored 14 points in the win over Detroit.

"He's fine. We sent him back to the doctor to get some more medication," Heat coach Pat Riley said.

Riley said the flu wasn't affecting any other member of the team, "just Dwyane." Payton went home suffering from a migraine headache.

TIM REYNOLDS (AP)

TODAY'S TV LINEUP

NATIONALS (7:35 P.M. ON MASN) The Nats look to keep their hot streak going by taking down the Braves in Shawn Hill's second start this year.

ORIOLES (7 P.M. ON CSN) Baltimore's four-game series against Toronto continues, and Erik Bedard looks to get his first win in June against rookie Ty Taubenheim.

BASEBALL (8 P.M. ON WGN) Houston has lost its last five series, so a visit from the Cubs, the only cursed team left in Chicago, might be just what the Astros need.

SOFTBALL (8 P.M. ON ESPN2) It's Wildcats versus Wildcats. Northwestern and Arizona square off in the College Softball World Series Game 2.

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How to Build a Profit-packed Stock Portfolio in 5 Minutes a Day

Creator of one of the world's most popular investment tools explains how almost any investor can follow the proven path to price gains in thousands of stocks

By Dean Jordan

Wizetrade™ is a unique and powerful desktop tool that helps investors identify stocks with solid momentum. It may be the best thing to come out of Texas since oil.

George Thompson, the creator of Wizetrade™, is bringing his free Wizetrade™ preview workshop to our area next week, and we took this opportunity to ask George what makes Wizetrade™ and his free workshop so popular.

Q: George, you've been called "the investor's Thomas Edison." How did that start?

George: I think it's because Edison patented the ticker tape, making it possible for investors almost anywhere to follow stock prices without being on the exchange floor. It was liberating. A true turning point.

And now, Wizetrade™ makes it possible to go beyond price information and pinpoint moneymaking trends as they're happening. Like the ticker tape, it's a revolutionary empowerment.

Q: Exactly how does Wizetrade™ empower investors?

George: The golden rule to savvy investing is, "Buy low. Sell high." But of course, you can never know exactly when that is. So I tweaked the golden rule. To make money you must... *Buy when the price trend turns up. Sell when the price trend turns down.* And with Wizetrade™, you know when this turning point happens. In short, Wizetrade™ helps you follow the new golden rule to making money in stocks.

Q: How does Wizetrade™ identify a killer trend in the making?

George: By measuring the buying and selling pressure exerted on a stock as investors seek to either get in or out of a position.

Wizetrade™ shows you the price trend as it forms, live in the market. When you follow the buying and selling pressure exerted on a stock, you can have a strategy to ride the surges and avoid the declines. And that's what successful investing is all about. It's how thousands of investors make money in the market.

Q: Can you give me an example?

George: Absolutely. Gildan Activewear was trading at \$13.82 when Wizetrade™ turned green, and was still green at \$45.44 — giving investors a 228% gain.

Tim Participacoes SA was trading at \$15.98 when Wizetrade™ turned green. It was still green at

\$35.20 for a 120% return. I can give you examples until the ice caps melt.

Q: What do you mean by "Wizetrade™ turned green"?

George: Wizetrade™ is really easy to use. Your computer screen will have lights that represent time intervals like long-term and short-term. When the lights are green, buying pressure has set a stock's price in an uptrend for that time period. A red light means the stock is in a downtrend.

Q: Making money can be that simple?

George: Yes. One of our youngest Wizetraders™, Christian Powers, produced a 355% return in his portfolio when he was just 12 years old. He followed the Wizetrade™ lights — and he produced greener returns than most mutual fund managers. Of course, children should have adult supervision.

Q: How much time does it take to use Wizetrade™?

George: Only a few minutes. You can literally turn a coffee break into dollars. Keep it simple. Keep it profitable. That's the objective of using Wizetrade™. At the free workshop, you'll see how easy it can be to use.

Q: At the workshop, will investors be able to see what Wizetrade™ has to reveal about stocks they own?

George: Absolutely. You'll see if the Wizetrade™ lights are green or red. I've had countless people say, "George, your workshop saved my portfolio." They had no idea their stocks were locked in a downtrend with not enough buying pressure to reverse it.

Q: What else could the workshop reveal?

George: You may discover this year's breakout stock. In the 30 months following our mention of Immucor at a workshop, it rose 1,750%.

Q: How is it possible to make money in any market, up or down?

George: No matter what the general market is doing, some stocks will rise — and they'll rise faster than the market. *Wizetrade™ helps you find stocks that are creating their own upward trend.* Wizetrade™ is all about having a solid investment strategy — plus the tool to keep your strategy firmly in place.



Wizetrade™ tracks short-term gains

Reliv International Inc. — Stock symbol: RELV
01/17/06 Wizetrade™ turns green at \$14.10
01/25/06 Wizetrade™ turns red at \$18.55

31% gain in 7 days

Credo Pete Corp. — Stock symbol: CREP
01/13/06 Wizetrade™ turns green at \$18.60
01/24/06 Wizetrade™ turns red at \$28.33

52% gain in 7 days

Wizetrade™ tracks mid-term gains

Infonatics Corp. — Stock symbol: IFO
10/28/05 Wizetrade™ turns green at \$4.11
12/19/05 Wizetrade™ turns red at \$17.76

322% gain in 7 weeks

AMR Corp. — Stock symbol: AMR
09/28/05 Wizetrade™ turns green at \$11.02
01/09/06 Wizetrade™ turns red at \$22.33

102% gain in 15 weeks

Wizetrade™ tracks long-term gains

Schick Technologies Inc. — Stock symbol: SCHK
09/13/04 Wizetrade™ turns green at \$10.01
01/31/06 Wizetrade™ still green at \$38.90

288% gain in 16 1/2 months

Banco Bradesco SA — Stock symbol: BBD
08/06/04 Wizetrade™ turns green at \$7.19
01/31/06 Wizetrade™ still green at \$39.25

455% gain in 18 months

Graphs shown are artist renderings and not depictions of actual Wizetrade™ charts.

"I was up \$5,000 in two days." — Neil Friess, Florida

"My best trade so far has been around \$10,000 in one day." — Jim Sielecki, Ohio

Q: What is the secret to great returns?

George: Follow the trend. It's truly the yellow brick road for investors.

Q: What makes a truly great stock?

George: A truly great trend. Knowing how powerful the price trend is... that's the secret to great investing. And Wizetrade™ measures the strength of the trend.

Q: What about the fundamentals?

George: Fundamentals like P/E ratio — even solid buy recommendations from stock analysts — do not determine a stock's price. This information can trap investors into holding a stock as the price falls. The Wizetrade™ lights turned red on Enron when insiders and stock analysts were still saying it was a "buy."

Q: George, why do you offer the free workshop?

George: People can see Wizetrade™ work its magic live. Mention any stock you own or are even thinking of buying, and we'll run it through Wizetrade™. In about three seconds you'll know if it's a winner or a loser. Wizetrade™ can help anybody who has a goal of making serious money in stocks, and the workshop lets you go for a test-drive.

Q: Who should attend the free workshop?

George: To start, baby boomers who need money to retire. And members of Generation X who missed the great Wall Street bull market of the 1990s.

But really, Wizetrade™ empowers all investors. Just ask yourself if you want to make money. If your answer is "yes," come to the workshop. It's free.

FREE WORKSHOP

George Thompson's
Wizetrade™

- ✓ Turn your financial future from cloudy to clear
- ✓ Find out in seconds if stocks you own are trending up or down

- ✓ Discover why it's possible to make a year of profits within weeks
- ✓ Hunt for fast-rising stocks



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FREE Admission
Wizetrade™ workshop
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June 12, 2006
Fairfax Hyatt
Fair Lakes
12777 Fair Lakes Circle
Fairfax
1 P.M. or 7 P.M.

Workshop runs approximately 1 1/2 hours. Registration not required. Arrive early to ensure best seats.

FREE Admission
Wizetrade™ workshop
TUESDAY

June 13, 2006
Greenbelt
Marriott
6400 Ivy Lane
Greenbelt
1 P.M. or 7 P.M.

Workshop runs approximately 1 1/2 hours. Registration not required. Arrive early to ensure best seats.

And much more

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WTP157AFP - Washington WK 24

WHY DIDN'T WE THINK OF THAT? Master P is snapping up an idea that's there for the taking: a TV talent show to find "America's Next Hip Hop Stars." The hip-hop mogul is developing the series now in hopes of crowning a new voice of urban America.



Entertainment



CHEMISTRY LESSONS: Richard Burton and Elizabeth Taylor's on-set powerful connection led them to the altar — twice.

Stars, Crossed

Hotbeds of talent lead to hot beds as stars hook up on set

LOVE ON CAMERA | Elizabeth Taylor and Richard Burton. Nicole Kidman and Tom Cruise. Melanie Griffith and Antonio Banderas. Alec Baldwin and Kim Basinger. Penelope Cruz and Matthew McConaughey. Jen and

Ben. Angelina and Brad.

High-profile pairings all. And all share another thing: Love bloomed on the set.

The latest addition to the list, Jennifer Aniston and Vince Vaughn — whose coupledness has been reported widely, though they refuse to confirm it — met while making "The Break-Up," which topped the box office last weekend.

Cynics might say these set-

sparked couplings are nothing more than publicity stunts. Experts, though, insist workplace romances are common and make perfect sense. The workplace for movie stars just happens to be bathed in a spotlight.

The on-set environment can induce an intoxicating physical reaction.

"Any kind of novelty or excitement drives up dopamine in the

brain, and dopamine is associated with romantic love," said Helen Fisher, a biological anthropologist and author of "Why We Love." "I wouldn't be surprised if movie sets literally set the stage for romantic love."

It's easy to believe, considering some stars fall for their leading ladies or men again and again. Cruz dated Cruise ("Vanilla Sky") and Matt Damon ("All the Pretty Horses") before hooking up with McConaughey, her "Sahara" co-star. McConaughey was previously linked with two of his "A Time to Kill" co-stars, Ashley Judd and Sandra Bullock. Cruise connected with Kidman, his wife of 10 years, on "Days of Thunder."

Pitt hooked up with his former longtime love, Gwyneth Paltrow, while filming "Seven." He previously dated Juliette Lewis, his co-star on the TV movie "Too Young to Die," and Jill Schoelen, with whom he starred in 1989's "Cutting Class."

Aniston was fresh off her very public split from Pitt in March 2005 when "The Break-Up" offered an outlet for her hurt feelings, plus a charming leading man.

Publicity-wise, the twosome's offscreen dallying has helped the film, said Adam Fogelson, president of marketing for Universal Pictures.

"Just about everyone knows this movie is coming," he told "Entertainment Weekly." "All the attention that Vince and Jen have gotten over the last many months is substantially responsible."

SANDY COHEN (AP)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE
WASHINGTONPOST.COM/ENTERTAINMENT

Wolfmother: Thunder From Down Under

Australia's Wolfmother are music's current sorta-darlings, hovering between being underappreciated and overrated. Catch the neo-metal hippies while their towering, rambling chunk-rock is still relatively unkempt.

Black Cat, 1811 14th St. NW; with *Psychic Ills*, 8:30 p.m., \$13; 800-551-7328. (U St.-Cardozo)



Rock snobs are on the cusp of turning against metal-hippies Wolfmother.

She-Devil Smackdown: Born Slippy

2 We're a civilized paper, but we've gotta give blood-red props to the "She-Devil Smackdown," in which eight souls get slick in vats of delicious arterial-red vegan gelatin. There is \$666 in prizes on the line, so if you're down for a ghoulish grapple, give Asylum a buzz in advance to register.

Asylum, 2471 18th St. NW; 7-10 p.m.; 202-319-9353.

Blondie: Pop From a Bottle

3 It's hard to be a rebel when you've been inducted into the Rock and Roll Hall of Fame, but that's the paradox of even having a RARHOF. Anyhoo, inductees and punk-pop legends Blondie join "The New Cars" (the old Cars plus Todd Rundgren minus Ric Ocasek).

Wolf Trap, Filene Center, 1551 Trap Road, Vienna; 8 p.m., \$25-\$42; 703-255-1868.

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Rocking in the Wake of Katrina

Two musical stars bring relevant old tunes up to the minute

MUSIC | The trans-Atlantic reunion of British rocker Elvis Costello with Allen Toussaint, one of the deans of New Orleans pop and R&B, has a remarkably timely — and relevant — feel considering several of the tunes are 10 to 20 years old or older.

"The River in Reverse" (Verve) came together in the wake of

Hurricane Katrina's ride through Louisiana, and not surprisingly, the album hits hardest in those numbers that take on the broad sweep of a cry for social and political justice.

The opening cut, "On Your Way Down," targets the subject of life's haves versus its have-nots: "You think the sun rises and sets for you/But the same sun rises, sets and shines on the poor folks too."

Toussaint's gently funky "Who's Gonna Help Brother Get Further"



Toussaint and Costello are an unlikely pairing whose collaborations sing.

similarly decries the imbalanced scales of society, while Costello takes a shot at the powers on high in the title tune. His signature acidic touch emerges in this tale of looming danger: "Count your blessings when they ask permission/To govern with money and superstition."

The undercurrent of anger is balanced in several gospel-tinged numbers, notably "Nearer to You," a waltzing romantic connection that becomes a fervent spiritual plea. RANDY LEWIS (LOS ANGELES TIMES)



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THE BREAK-UP (PG13) ✓ 11:20, 12:10, 1:25, 2:05, 2:45, 4:10, 4:50, 5:35, 6:55, 7:40, 8:25, 9:40, 10:25

X-MEN: THE LAST STAND (PG13) 11:00, 11:30, 12:00, 12:30, 1:00, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00, 4:30, 5:00, 5:25, 6:00, 6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30

X-MEN: THE LAST STAND (PG13) 1:00, 4:00, 7:00, 10:00

THE DA VINCI CODE (PG13) 11:05, 12:05, 12:35, 1:35, 2:35, 3:35, 4:05, 5:05, 6:05, 7:05, 7:35, 8:35, 9:35, 10:35

OVER THE HEDGE (PG) 11:25, 12:15, 1:05, 1:45, 2:25, 3:15, 4:15, 4:45, 5:30, 6:40, 7:25, 9:15, 9:50

SEE NO EVIL (R) 12:25, 2:55, 5:15, 7:20, 9:40

POSEIDON (PG13) 11:15, 2:15, 4:55, 7:50, 10:40

MISSION: IMPOSSIBLE III (PG13) 12:55, 3:55, 6:50, 7:45, 9:55, 10:45

AMC SELECT

AKEELAH AND THE BEE (PG) 1:40, 4:35, 7:15, 10:15

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

THE OMEN (R) 2:15, 5:00, 8:45

THE BREAK-UP (PG13) 1:45, 4:50, 8:20

X-MEN: THE LAST STAND (PG13) 1:30, 4:30, 5:20, 8:00, 8:45

THE DA VINCI CODE (PG13) 4:30, 5:15, 7:35, 8:20

OVER THE HEDGE (PG) 2:00, 4:10, 5:10, 7:30, 8:30

POSEIDON (PG13) 4:40, 7:45

MISSION: IMPOSSIBLE III (PG13) 4:50, 8:00

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202-537-9553

THE BREAK-UP (PG13) ✓ 12:00, 1:00, 2:30, 3:30, 5:00, 6:05, 7:35, 8:30, 10:05

THE DA VINCI CODE (PG13) 11:45, 12:45, 3:00, 4:05, 6:15, 7:15, 9:30, 10:30

OVER THE HEDGE (PG) 11:30, 1:35, 3:40, 5:45, 7:55, 10:00

AMC SELECT

TYPHOON (R) ✓ 12:15, 2:45, 5:15, 7:45, 10:15

AKEELAH AND THE BEE (PG) 1:30, 4:15, 7:25, 10:10

LOEWS GEORGETOWN 14
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OVER THE HEDGE (PG) 12:00, 2:15, 4:35, 6:50, 9:10

THE OMEN (R) ✓ 12:00, 2:45, 5:25, 8:10, 10:45

THE BREAK-UP (PG13) ✓ 11:00, 12:00, 1:40, 2:40, 4:20, 5:20, 7:00, 8:00, 9:45, 10:45

X-MEN: THE LAST STAND (PG13) 12:15, 12:45, 1:50, 2:10, 2:55, 3:25, 4:25, 4:50, 5:25, 6:20, 7:05, 7:35, 8:15, 8:50, 10:00, 10:30

X-MEN: THE LAST STAND (PG13) 2:10, 4:50, 7:35, 10:30

THE DA VINCI CODE (PG13) 12:30, 1:30, 4:00, 5:00, 7:25, 8:25, 10:40

MISSION: IMPOSSIBLE III (PG13) 1:00, 4:15, 7:45, 10:35

AMC SELECT

DISTRICT B-13 (R) 12:50, 3:10, 5:30, 7:50, 10:15

AN INCONVENIENT TRUTH (PG) ✓ 1:10, 2:35, 3:35, 5:10, 6:10, 7:40, 8:40, 10:10

LOEWS UPTOWN 1

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202-966-5400 713

MISSION: IMPOSSIBLE III (PG13) 1:20, 4:10, 7:00, 9:45

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703-998-4262

THE OMEN (R) ✓ 1:15, 2:15, 4:05, 5:00, 7:10, 7:45, 9:40, 10:20

THE BREAK-UP (PG13) ✓ 1:10, 1:55, 2:45, 4:00, 4:35, 5:25, 6:40, 7:25, 8:10, 9:20, 10:05

X-MEN: THE LAST STAND (PG13) 1:00, 1:30, 2:00, 2:30, 3:15, 3:45, 4:15, 4:45, 5:15, 6:00, 6:30, 7:00, 7:30, 8:00, 8:45, 9:15, 9:45, 10:15

THE DA VINCI CODE (PG13) 1:45, 3:00, 5:30, 6:15, 7:15, 9:00, 9:30

OVER THE HEDGE (PG) 1:05, 1:50, 2:35, 3:20, 4:10, 4:50, 5:35, 7:05, 7:50, 9:25, 10:10

POSEIDON (PG13) 2:40, 5:20, 7:55, 10:25

MISSION: IMPOSSIBLE III (PG13) 1:20, 4:20, 6:35, 7:20, 9:35

RV (PG) 2:20, 4:40

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

THE OMEN (R) 1:30, 4:30, 7:15, 10:35

THE BREAK-UP (PG13) 12:15, 1:45, 2:55, 4:20, 5:35, 7:00, 8:15, 9:40, 10:50

X-MEN: THE LAST STAND (PG13) 12:05, 12:45, 1:25, 2:05, 2:45, 3:25, 4:05, 4:45, 5:25, 6:05, 6:45, 7:25, 8:05, 8:45, 9:25, 10:05, 10:45

THE DA VINCI CODE (PG13) 1:35, 2:35, 5:05, 6:15, 8:25, 9:35

OVER THE HEDGE (PG) 12:10, 1:15, 2:25, 3:35, 4:55, 5:45, 7:05, 7:55, 9:10

SEE NO EVIL (R) 7:45, 10:00

POSEIDON (PG13) 12:25, 2:50, 5:15, 7:35, 9:55

MISSION: IMPOSSIBLE III (PG13) 2:15, 5:40, 8:35, 10:15

RV (PG) 12:50, 3:10, 5:30

LOEWS FAIRFAX SQUARE 8
8085 Leesburg Pike
703-506-9857 802

THE OMEN (R) ✓ 1:00, 4:10, 7:10

X-MEN: THE LAST STAND (PG13) 12:15, 1:30, 2:45, 4:00, 5:20, 6:45, 8:00

OVER THE HEDGE (PG) 12:30, 2:40, 4:50, 7:00

MISSION: IMPOSSIBLE III (PG13) 1:00, 4:15, 7:15

RV (PG) 11:00, 1:10, 5:30, 7:55

AMC SELECT

KEEPING UP WITH THE STEINS (PG13) 12:45, 3:00, 5:25, 7:35

AKEELAH AND THE BEE (PG) 1:45, 4:30, 7:50

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THE OMEN (R) 1:35, 2:35, 4:35, 5:20, 7:35, 8:35, 10:35, 11:05

THE BREAK-UP (PG13) 2:20, 4:50, 7:20, 9:50

X-MEN: THE LAST STAND (PG13) 1:30, 2:30, 3:30, 4:30, 5:10, 6:30, 7:30, 8:30, 9:30, 10:30, 10:55

THE DA VINCI CODE (PG13) 1:00, 3:15, 4:15, 6:45, 7:45, 10:15, 11:00

THE DA VINCI CODE (PG13) 3:15, 6:45, 10:15

OVER THE HEDGE (PG) 12:50, 3:05, 5:35, 8:00, 10:50

POSEIDON (PG13) 2:10, 4:40, 7:10, 9:40

MISSION: IMPOSSIBLE III (PG13) 1:40, 4:45, 7:40, 10:40

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AKEELAH AND THE BEE (PG) 2:25, 5:25, 7:50, 10:45

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DISTRICT B-13 (R) 2:00, 4:40, 7:40, 9:40

AN INCONVENIENT TRUTH (PG) 1:20, 3:50, 7:00, 9:10

ART SCHOOL CONFIDENTIAL (R) 1:40, 4:20, 7:50, 10:10

THE LOST CITY (R) 1:10, 4:10, 7:10, 10:00

WATER (PG13) 1:00, 3:40, 7:30, 9:50

FRIENDS WITH MONEY (R) 1:30, 3:30, 7:30, 9:30

THANK YOU FOR SMOKING (R) 1:50, 4:30, 7:00, 9:20

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THE BREAK-UP (PG-13) DIG (1200 1230 115 235 330 430 510 630)

X-MEN 3 (PG-13) DIG (1130 1205 1225 1245 215 245 320 400 500)

OC & DA: OVER THE HEDGE (PG) DIG (250) 1010

SEE NO EVIL (R) - ID REQ'D DIG (1230 240 505) 725 940

OVER THE HEDGE (PG) DIG (1155 530) 750

THE DA VINCI CODE (PG-13) DIG (1215 145 345 515) 710 900 1040

POSEIDON (PG-13) DIG 705 950

MISSION IMPOSSIBLE 3 (PG-13) DIG (1150 300) 635 935

THE OMEN (R) - ID REQ'D DIG (1145 1240 255 415) 620 730 915

1025

BALLSTON COMMON STADIUM 12

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Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★

Adv. Tix on Sale KORN IN CONCERT (R) - ID REQ'D ★

THE OMEN (R) - ID REQ'D DIG (120 210 415 450) 705 740 1000 1030

THE BREAK-UP (PG-13) DIG (130 200 230 410 445 510) 650 720 750

930 955 1030

THE DA VINCI CODE (PG-13) DIG (1240 110 140 400 430 500) 730

800 830

KEEPING UP WITH THE STEINS (PG-13) DIG 1000

MISSION IMPOSSIBLE 3 (PG-13) DIG (1250 350) 710 1010

OC: AKEELAH AND THE BEE (PG) DIG (345) 700

UNITED 93 (R) - ID REQ'D DIG (1245 345) 640 940

AKEELAH AND THE BEE (PG) DIG (100)

THANK YOU FOR SMOKING (R) - ID REQ'D DIG (150 420) 715 950

BOWIE STADIUM 14

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Adv. Tix on Sale CARS (G) ★

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THE OMEN (R) - ID REQ'D DIG (1240 140 345 445) 655 755 940 1040

THE BREAK-UP (PG-13) DIG (120 210 420 515) 720 800 1005 1045

X-MEN 3 (PG-13) DIG (1215 1245 115 145 330 400 430 500) 645 715

745 815 930 1000 1030

OVER THE HEDGE (PG) DIG (130 230 410 510) 740 1020

THE DA VINCI CODE (PG-13) DIG (1250 415) 650 750 1015

POSEIDON (PG-13) DIG (125 425) 700 945

MISSION IMPOSSIBLE 3 (PG-13) DIG (105 405) 705 1010

AKEELAH AND THE BEE (PG) DIG (100 420) 730 1025

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Adv. Tix on Sale CARS (G) ★

Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★

THE OMEN (R) - ID REQ'D DIG (1250 340) 735 1020

THE BREAK-UP (PG-13) DIG (1200 100 320 400) 700 730 930 1005

X-MEN 3 (PG-13) DIG (1130 1220 1245 215 300 350 500) 715 745

1000 1030

THE DA VINCI CODE (PG-13) DIG (1215 330) 650 720 1000 1030

OVER THE HEDGE (PG) DIG (1140 210 440) 710 940

POSEIDON (PG-13) DIG (110 420) 740 1015

MISSION IMPOSSIBLE 3 (PG-13) DIG (1150 325) 725 1010

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Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★

THE OMEN (R) - ID REQ'D DIG (1130 130 215 415 500) 705 745 955

1025

THE BREAK-UP (PG-13) DIG (1155 125 200 235 405 435 515) 645

720 755 925 1000 1035

X-MEN 3 (PG-13) DIG (1140 110 140 210 240 410 440 510 530) 710

740 810 840 1010 1040

OC & DA: OVER THE HEDGE (PG) DIG (150) 945

SEE NO EVIL (R) - ID REQ'D DIG (1215) 1005

OVER THE HEDGE (PG) DIG (1135 1205 225 430 505) 725

THE DA VINCI CODE (PG-13) DIG (1200 1250 330 420) 700 730 800

1020

POSEIDON (PG-13) DIG (230 450) 715

MISSION IMPOSSIBLE 3 (PG-13) DIG (1250 350) 650 950

COUNTRYSIDE STADIUM 20

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Adv. Tix on Sale CARS (G) ★

Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★

THE OMEN (R) - ID REQ'D DIG (1120 1245 200 315 435 545) 725

815 1005

THE BREAK-UP (PG-13) DIG (1140 1240 120 220 320 400 500) 610

640 740 840 910 1010

X-MEN 3 (PG-13) DIG (1130 1200 1250 110 150 210 240 340 410 440

510 540) 630 700 730 800 830 930 1000 1030

OC & DA: OVER THE HEDGE (PG) DIG (245) 1015

OVER THE HEDGE - DIGITAL PROJECTION (PG) DIG (1145 215

445) 715 945

SEE NO EVIL (R) - ID REQ'D DIG (1150 530) 1035

OVER THE HEDGE (PG) DIG (1215 115 345 515) 615 745 900

THE DA VINCI CODE (PG-13) DIG (1120 1230 130 250 350 450) 620

710 810 940 1020

POSEIDON (PG-13) DIG (140 430) 720 1025

MISSION IMPOSSIBLE 3 (PG-13) DIG (1220 330) 650 920

OC: AKEELAH AND THE BEE (PG) DIG (230) 750

RV (PG) DIG (1210 310) 635 950

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THE BREAK-UP (PG-13) DIG (1215 145 215 245 430 500 530) 715

745 815 1000 1030

X-MEN 3 (PG-13) DIG (1200 1235 140 210 240 310 335 420 450 520

550) 630 700 730 800 830 940 1010 1025

OVER THE HEDGE (PG) DIG (1255 300 510) 720 920

THE DA VINCI CODE (PG-13) DIG (120 455) 810

MISSION IMPOSSIBLE 3 (PG-13) DIG (200 445) 735 1020

OC: UNITED 93 (R) - ID REQ'D DIG (105) 900

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★

Adv. Tix on Sale KORN IN CONCERT (R) - ID REQ'D ★

X-MEN 3 (PG-13) DIG (1100 1130 1200 1230 1250 115 145 215 245

315 340 400 430 500 530) 600 620 645 715 745 815 845 910 930

1000 1030

TYPHOON (R) - ID REQ'D (1115 200 435) 735 1020

KEEPING UP WITH THE STEINS (PG-13) DIG (1110 135 415) 725

1010

AKEELAH AND THE BEE (PG) DIG (1105 150 445) 730 1015

THANK YOU FOR SMOKING (R) - ID REQ'D (1120 155 420) 700

SEE NO EVIL (R) - ID REQ'D 940

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale CARS (G) ★

Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★

THE OMEN (R) - ID REQ'D DIG (1210 245 515) 750 1030

THE BREAK-UP (PG-13) DIG (1200 1230 110 240 330 420 510) 640

715 745 930 1020

X-MEN 3 (PG-13) DIG (1200 1220 1245 115 215 245 320 400 430 500

525) 645 715 745 815 845 930 1000 1030

OVER THE HEDGE (PG) DIG (1200 100 235 345 500) 740 1015

THE DA VINCI CODE (PG-13) DIG (1210 340) 645 710 1015

POSEIDON (PG-13) DIG (100 400) 730 1020

MISSION IMPOSSIBLE 3 (PG-13) DIG (1240 350) 700 1010

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

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Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★

Adv. Tix on Sale KORN IN CONCERT (R) - ID REQ'D ★

THE BREAK-UP (PG-13) DIG (1245 145 345 430) 700 745 950 1020

X-MEN 3 (PG-13) DIG (1200 1230 100 130 245 330 400 445 530) 645

715 745 815 915 945 1015

OVER THE HEDGE (PG) DIG (115 200 400 445) 700 800 945 1015

POSEIDON (PG-13) DIG (115 415) 730 1000

OC: MISSION IMPOSSIBLE 3 (PG-13) DIG (330) 950

MISSION IMPOSSIBLE 3 (PG-13) DIG (1215) 645

RV (PG) DIG (1245 430) 800 1020

THE OMEN (R) - ID REQ'D DIG (1230 345) 715 1000

THE DA VINCI CODE (PG-13) DIG (1200 100 315 415) 630 730 940

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Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★

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THE BREAK-UP (PG-13) DIG (1135 1205 100 210 300 340 445) 640

720 740 920 955 1010

X-MEN 3 (PG-13) DIG (1130 1200 1220 1245 130 215 235 320 400

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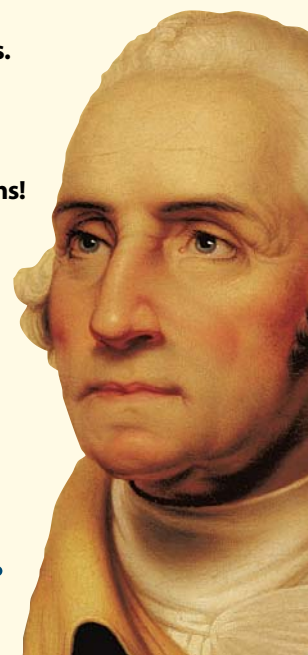
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NEW BLOOD: The classics never die — just ask Rob Zombie. The musician and maker of gory horror flicks is bringing Michael Myers, villain of the “Halloween” series, back from the dead for a new film in the undead franchise.

Entertainment

His Satanic Stagnancy

Why remake ‘The Omen’? Maybe the devil made them do it

FILM | All remakes are needless, but this update of “The Omen” is especially so.

Not only was there nothing wrong with the 1976 horror classic, in which the Antichrist wreaks havoc on Earth as an innocent-looking 5-year-old boy, but the original stands as one of the most frightening movies. Ever.

It’s so ingrained in our pop culture, all you have to do is say the name Damien and everyone instantly knows you’re talking about a demonic child.

So why mess with it?

Thirty years later, the makers of “The Omen” barely have. Tiny changes here and there inevitably contemporize the film. It takes place in the modern day, so the characters have cell phones. This “Omen” also vaguely attempts to be politically relevant. A montage of photographs at the start suggests that the devil is everywhere, all the time — on Sept. 11, at Abu Ghraib, etc. — and we just don’t know it. The visit to an ancient biblical city toward the end of the film features flashes of flags, both Israeli and Palestinian.

Robert Thorne (Liev Schreiber), an ambassador in Rome, agrees to take a newborn whose mother has died during childbirth because his own newborn is dead, unbeknownst to wife Kate (Julia Stiles).



IDLE HANDS: Mia Farrow, veteran of a much smarter horror film, with not-as scary-as-the-other-kid Seamus Davey-Fitzpatrick as Satanic spawn Damien.

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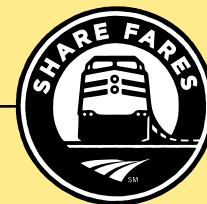
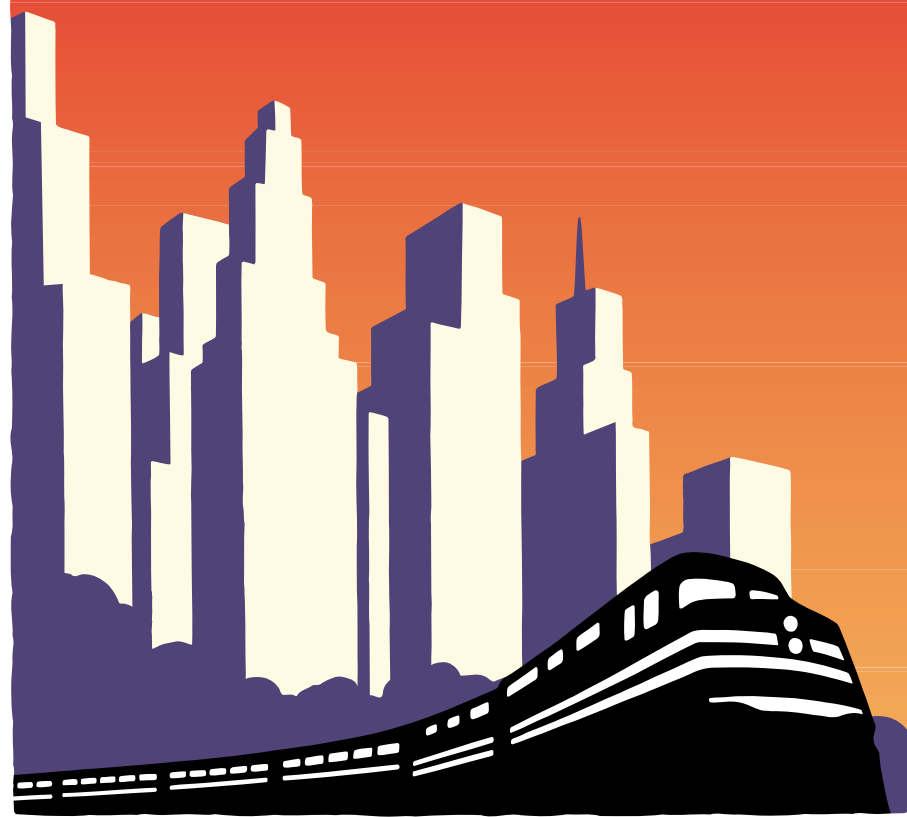
Flash forward five years as Robert moves his family to London. Soon, the nanny hangs herself in front of dozens of shocked guests at Damien’s birthday party. A creepy priest (Pete Postlethwaite) stalks Robert with warnings that the boy is the devil’s son and talk of Armageddon. A photographer (David Thewlis) notices eerie shadows in a series of pictures that end up being prescient.

And from there you know the rest of the story: death, destruction, mayhem, all of which Damien delivers with a gleam in his eye and a smile on his face.

Thank heaven for Mia Farrow — the “Rosemary’s Baby” star returning to supernatural territory — as the satanic disciple sent to protect Damien by posing as a replacement nanny. Instead of oozing menace and doom, Farrow is all fair-haired sweetness and light, with that girlish voice and angelic presence.



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Sunday, based upon start time of call. Nights are 12:00:01 a.m. to 6:59:59 a.m. and 9:00:00 p.m. to 11:59:59 p.m., Monday through Friday, based upon start time of call. **MAIL-IN AND IN-STORE REBATE OFFER:** Motorola V3 Razr mail-in rebate offer expires 06/30/06, in-store rebate offer expires 05/31/06. Limited to phone shown; Supplies may be limited and offer may not be available at all dealer locations. T-Mobile reserves the right to substitute different phone models of equal or greater value. Customer must remain on a qualifying T-Mobile rate plan at the time mail-in rebate is actually processed. Allow up to 8 weeks for mail-in rebate check. See mail-in rebate form for full details. See T-Mobile's Terms and Conditions (including mandatory arbitration), available at www.t-mobile.com, for cancellation policy, international long-distance, roaming and messaging rates, and additional details that may affect this offer and additional rate plans, and other information and/or contact T-Mobile Customer Care, at 1-800-937-8997, with questions concerning any T-Mobile offer or rate plan. T-Mobile is a federally registered trademark of Deutsche Telekom AG. Whenever Minutes, FamilyTime and Get More are federally registered trademarks of T-Mobile USA, Inc. © 2006 T-Mobile USA, Inc.

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Can't Stop Drinking?



ALCOHOL WITHDRAWAL CAUSING SHAKES & ANXIETY?

The National Institute on Alcohol Abuse and Alcoholism is studying the use of the medication Acamprosate for alcohol withdrawal. The study includes alcohol detox and a four-week inpatient alcohol treatment program at the NIH hospital in Bethesda, MD. For more information call:

(301) 496-1993

Deaf or hard of hearing? Call the Federal Relay Service at 1-800-877-8339

Drink Alcohol?

✓ *Drink daily or almost daily?*

✓ *Are between the ages of 21 and 45?*

You may be eligible to participate in a research study using Rimonabant at the National Institute on Alcohol Abuse and Alcoholism, one of the National Institutes of Health. If you qualify, you'll be compensated for your participation, which will include one overnight stay in the Clinical Center on the NIH campus in Bethesda, Maryland. For more information, call 301-496-7500. All calls are confidential.



NIAAA



VOLUNTEERS NEEDED!!

Investigational Malaria Drug Study Minutes from the Medical Center Metro Station in Bethesda

Located: On the campus of the National Naval Medical Center.

WHO: Healthy men and women 18-55 years of age

HOW: 1 screening session, 1 pre-admission session, a 5-day inpatient stay and 3 outpatient visits.

Compensation provided

FOR MORE INFORMATION
CALL:

1-866-750-2165

Healthy men/women, who are feeling sad, are needed for a study. Participants will be compensated for one 4-hour visit in Bethesda, MD (Metro accessible). For more details, please contact Jessica Eng at 301-295-0019.

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- ☐ Do you avoid meeting new people, going to parties or dating?
- ☐ Is it difficult for you to eat, drink or write while others may be watching you?

If your answer is Yes to any of these questions you may be suffering from a social phobia.

If you are 18-65 years of age and feel that these problems interfere with your ability to achieve your goals or to enjoy life fully...

please call for more information about our research study.

All study-related office visits and medical evaluations are at no cost to you.



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Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

Financial compensation will be provided for participation.

Call: **1-800-411-1222**

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National Institute of Mental Health NIH
National Institutes of Health, Department of Health & Human Services

ASTHMA & HEARTBURN?

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Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

Healthy Adult VOLUNTEERS NEEDED



HIV is a global epidemic. Currently, 42 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2003, 5 million people were newly infected with HIV, equaling about 14,000 infections each day. Approximately 11 of every 1000 adults aged 15 to 49 worldwide, are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy US citizen between the ages of 18-49, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

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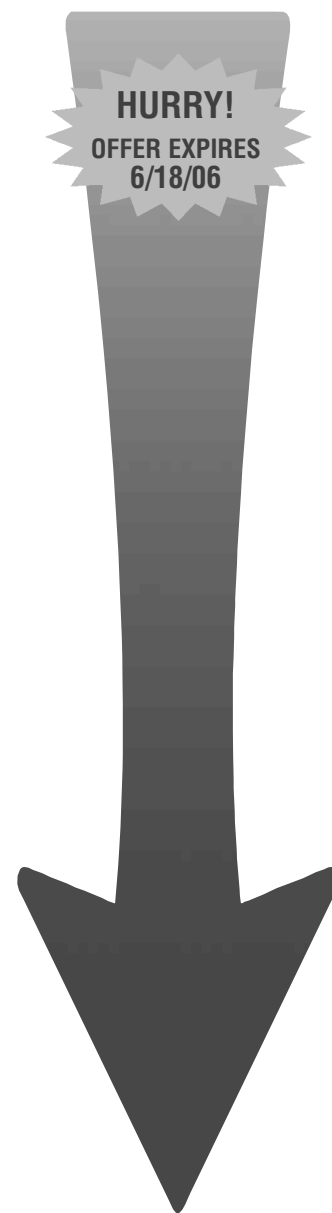
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Oh so charming 3BR/2BA brick ramblr. Updated kitch w/ granite counters, new windows, huge BA w jet tub & sep shower & 35' RR. Shows great! A block to pool, park, playgrounds & backs to a forest.

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CLINTON—6408 BROOKE JANE DRIVE-PRICED REDUCED—Lge 3BR/3BA Rambler w/huge bsmt, 2 frpls, lge fncd yd, carport, must see, Susie Moore Associates 301-449-7979

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417 55TH ST. NE

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Hyattsville—3 BR, 2 FBA end unit. Very clean, \$2000 Seller credit. \$245K. Call Edward Cunningham, Exit Premier Realty. 301-669-0063or 301-560-6700

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301-222-3560 240-938-1670 Campos & Ascco

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3BR, 2FB2HB, LR,FR,DR Van Dorn & Springfield metro. Ft Belvoir. BY APPT ONLY (703) 924-0886

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301-669-0063 or 301-560-6700

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Metro Star RE Ms Veno

LORTON/8107 Gilroy Dr. \$799,000

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Construction

D.C. major landmarks are staying open in a summer of renovation

As visitors stream by the capital city's famous landmarks this summer, they will find some of them partially obscured by orange plastic fencing and construction equipment.

Portions of the Marine Corps War Memorial, near the north gate of Arlington National Cemetery, and the Lincoln Memorial on the National Mall, are undergoing work. And visitors to the area won't be able to miss the sights and sounds of construction at the National Zoo and the Smithsonian's National Patent Office Building.

"The amount of visitors that

we have here does take a toll, and so there's really no best time to do major maintenance," said Bill Line, a National Park Service spokesman, who adds that planners generally work with contractors to stagger work on major attractions so only portions of them are obstructed while work is under way.

The Marine Corps and Lincoln memorials have been undergoing upgrades since last year.

The base and grounds surrounding the towering bronze statue of five servicemen raising the flag over Iwo Jima's Mount Suribachi is undergoing its most extensive rehabilitation since the statue was erected in 1956. Work on the support structure, irrigation systems and walkways is scheduled to be completed this fall at a cost of \$5.5 million.

At the Lincoln Memorial, the first traffic enhancement project in more than four decades is nearing

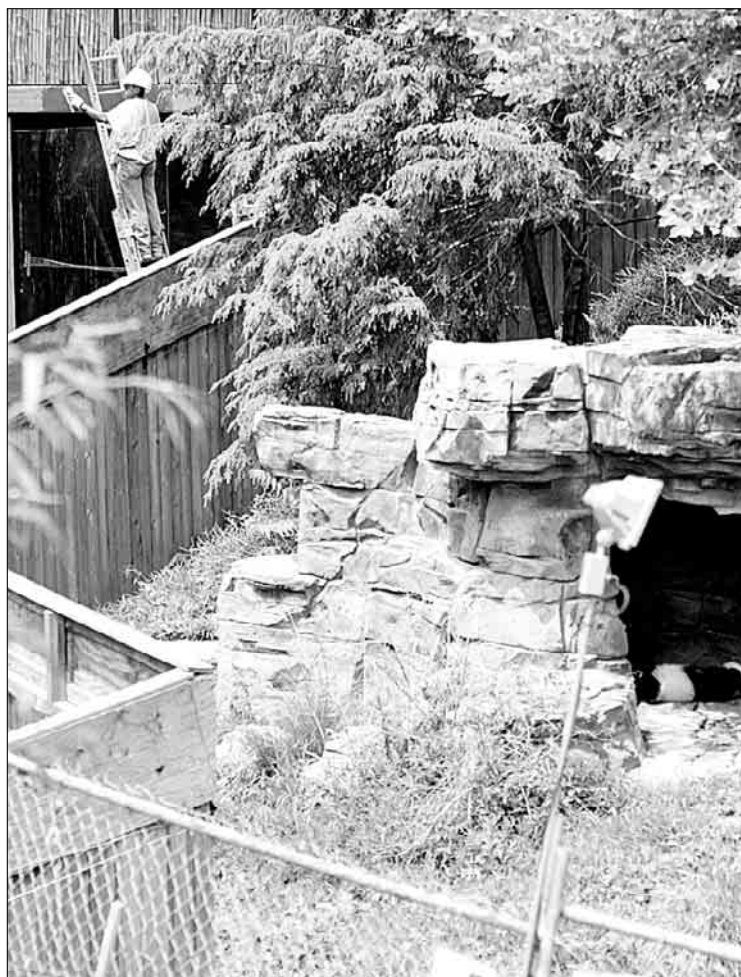
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Stars' jewels from kitschy to cool | 35



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Baby Dough: Shiloh pics on sale soon! | 38



HOME, SWEET HOME: Tai Shan, in the cave at right, sleeps as a construction continues on his future home, "Asia Trail," set to open in September at the National Zoo.

completion. While it's among the most popular monuments on the National Mall, its location near the Potomac River has been plagued by limited parking for tour buses and narrow, outdated pedestrian walkways. Once \$5 million in improvements to the grounds are complete, park service officials say it will be easier for people to get there on foot or by bicycle or bus.

Construction work is also continuing at several other major attrac-

tions in and around Washington.

At the National Zoo, the \$34 million Asia Trail exhibit is within six months of completion. Begun in April 2004, it will be the new home of the zoo's giant pandas, sloth bears, clouded leopards, giant salamanders and several other species native to the world's largest continent.

The project has been impossible for zoo visitors to avoid. The cranes tower behind the enclosures

where 10-month-old Tai Shan, and his parents Mei Xiang and Tian Tian remain the zoo's most popular attractions.

At the Smithsonian Institution, one major renovation project is almost finished and another is beginning.

A six-year renovation at the Old Patent Office Building, which has

“The amount of visitors we have here does take a toll, and so there's really no best time to do major maintenance.”

BILL LINE
NATIONAL PARK SERVICE

housed two Smithsonian museums since 1968, will be complete July 1. Closed since 2000, the patent building has undergone substantial exterior restoration to its Greek Revival exterior.

The Smithsonian's American Art Museum and the National Portrait Gallery will reopen in the building.

A similar observable laboratory was the site of the restoration of the Star-Spangled Banner flag at the National Museum of American History in recent years. This fall, that 42 year-old building will close for 20 months for an \$85 million rehabilitation.

The work will include construction of a new gallery for the famous relic from the 1814 shelling of Baltimore's Fort McHenry.

DERRILL HOLLY (AP)



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Virtual Student

Technology

Robots can now take the place of absent kids in the classroom

Lying in his hospital room, on a mattress designed to protect his fragile skin, 13-year-old Achim Nurse poked his bandaged fingers at an orange button on what looked like a souped-up video game console.

Half a second later, in a social studies class discussing the Erie Canal, a 5-foot-tall steel-blue robot raised its hand.

"You have a question, Achim?" said the teacher.

Achim is using a pair of robots — one, called "Mr. Spike," at his bedside, and its mate, "Mrs. Candy," in the classroom — to keep up with his schoolwork and his friends for the months he will be bedridden at Blythedale Children's Hospital in Valhalla, just north of New York City.



KAREN VIBERT-KENNEDY/AP

The robot in the classroom, which displays a live picture of Achim, provides what its inventors call "telepresence": It gives the boy an actual presence in the classroom, recognized by teachers and classmates. It can move from class to class on its four-wheel base and even stop at the lockers for a between-periods chat.

"The robot literally is embraced

by students in the classroom as though that is the medically fragile student," said Andrew Summa, national director of the robot project, which is in use at six other hospitals around the country. Achim's teacher, Bob Langerfield, said his other students had become used to the robot — and were treating it as if it were Achim — after just a few days.

The program, called PEBBLES



Achim Nurse can attend class at his New York school even while he stays in the hospital by using two robots.

(for Providing Education By Bringing Learning Environments to Students), has great potential for expansion, supporters say. It could keep suspended students connected to their classrooms, for example, or even help young prisoners.

Summa says it also has promise as a tool in treating autism because it gives the patient control of the social environment.

"I don't know where it's going to go next, but it does have considerable potential," Summa said.

The robots, developed in Toronto

by Telbotics Inc. with Ryerson University and the University of Toronto, work in pairs.

The one at Achim's bedside displayed a live picture of the social studies classroom. Achim could see Langerfield, his desk, the board, a map of the United States and the clock.

The second robot was in the back of the classroom, its "face" (and autofocus camera) aimed at the teacher. Its display showed Achim in his bed.

"If he's looking out the window, the teacher will know it," said Jim Desimone, who is the traumatic brain injury coordinator at Blythedale and the school's "robot guy."

The robots also have scanners and printers so the patient can receive whatever the teacher is handing out in class — a fact sheet, a homework assignment, a test.

Achim, whose severe rash arose from a case of bacterial meningitis, said that when he was offered the use of Mr. Spike, "I was out of my mind, saying, 'A robot?' When I first saw it, it looked difficult."

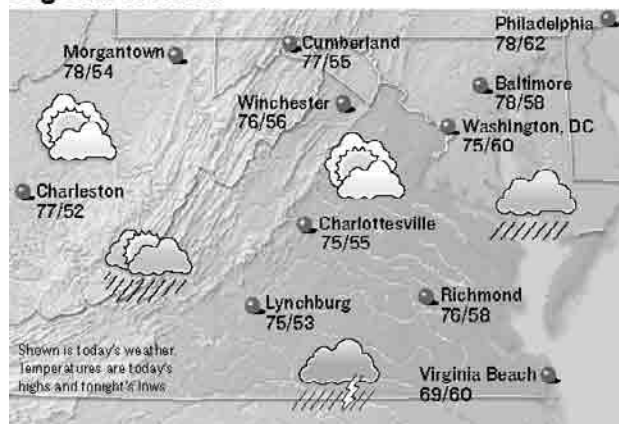
But he picked up all the moves in 30 minutes, he said, and now finds it "cool" rather than strange.

"It's like a video game but the only thing is you have to go to school," he said. JIM FITZGERALD (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Variably cloudy	Mostly cloudy	Variably cloudy, showers possible	A p.m. t-shower possible	Partly sunny, a t-shower possible	Partly sunny, warm
75°	60°	75° / 60°	78° / 62°	81° / 64°	82° / 63°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	73°
Low	59°
Normal high	81°
Normal low	62°
Average humidity	59%

Precipitation

24 hours ending 4 p.m.	Trace
Month to date	0.05"
Normal month to date	0.56"
Year to date	11.12"
Last year to date	19.02"
Normal year to date	16.59"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

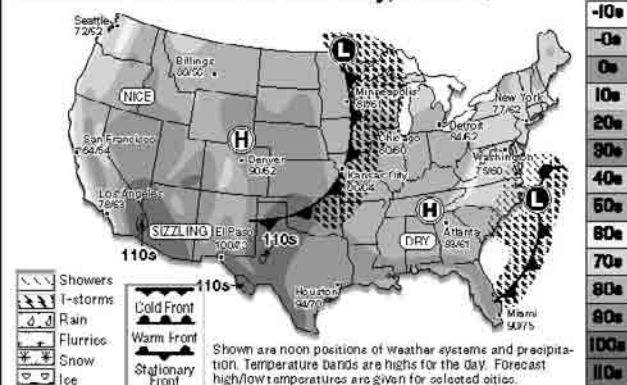
D.C. Metro: Today, variably cloudy. High 75. Wind northeast 6-12 mph. Tonight, mostly cloudy. Low 60. Wind north-northeast 6-12 mph.

Sun and Moon

Sunrise today	5:43 a.m.
Sunset tonight	8:31 p.m.
Moonrise today	3:36 p.m.
Moonset today	2:32 a.m.



National Weather for Tuesday, June 6



National Cities

City	Today	Wed.
Atlanta	83/61/pc	80/63/pc
Boston	69/55/pc	63/55/r
Chicago	80/60/h	76/62/h
Dallas	95/72/pc	98/70/s
Denver	90/62/s	90/61/t
Honolulu	85/72/pc	85/73/pc
Los Angeles	78/63/pc	78/63/pc
Miami	90/75/t	88/76/pc
New York City	77/62/c	70/58/sh
Orlando	92/68/s	94/70/s
Seattle	72/52/pc	70/52/pc

World Cities

City	Today	Wed.
Amsterdam	62/48/pc	61/50/pc
Athens	80/64/pc	81/64/sh
Berlin	58/44/c	64/50/pc
Buenos Aires	64/56/pc	65/56/pc
Calgary	66/47/pc	68/47/t
Dublin	68/54/pc	70/54/pc
Geneva	66/46/pc	72/44/pc
Moscow	58/44/r	62/45/r
Rome	68/54/sh	73/54/sh
Sydney	59/48/r	59/48/c
Tokyo	72/61/pc	72/61/pc

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sr=snow, i=ice

Styles

LOOK
out*

Sparkles of the Stars

New museum exhibit showcases celebrity bangles and baubles

FOR THE FEW privileged folks who gain both fame and fortune, the question is: If you've got them, do you flaunt them?

If you're Elizabeth Taylor, the answer is yes. If you're Giorgio Armani, not so much.

Prized possessions of stars of arts and entertainment, sports, politics and business, including Taylor, Armani, President Kennedy, Andy Warhol, Elvis Presley, Malcolm S. Forbes and Estee Lauder, are among those featured in "Treasures of the Titans: 1950-Present."



Andy Warhol owned this gold bracelet, adorned with diamonds and rubies.

The exhibit staged by the National Jewelry Institute at the Forbes Galleries in New York City is a follow-up to a display last year of baubles from the movers and shakers of the first half of the 20th century.

Taylor's Faberge-egg scent flacon made of gold, diamonds, moonstone and enamel, given to her by the Forbes family, is on display, as

is a snake necklace with emerald eyes specially made by Cartier for Mexican movie star Maria Felix.

The story goes that Felix walked into Cartier with her pet snake, says Judith Price, president of the jewelry institute. Felix said she wanted a "companion" for her snake. "That 'companion' is about the equivalent of 180 carats of diamonds. Isn't that outrageous?!" Price says, noting that it's one of her favorite pieces in the exhibit along with a gold and diamond necklace and earrings set by Bulgari for Sophia Loren that are decorated with a series of glittering spheres.

"We're the jeweler that wants to celebrate the times," says Frederic de Narp, president and CEO of Cartier North America.

He also thinks the Cartier pieces are easily identifiable because of their unusual inspirations.

"You see that panther?" he asks, pointing to a platinum, gold, sapphire and diamond brooch made in 1949 for the Duke and Duchess of Windsor. "You know it's Cartier. It's got that look. ... We're wild, creative and passionate."

Some titans go for an understated look, but that doesn't mean inexpensive. Armani's 1934 Panerai gold and leather wristwatch surely is a collector's item, and Lauder made her mark in the business world with the help of a 19th-century brass and marble inkwell.

Warhol treasured a vintage chunky bracelet made of gold, dia-



Mexican movie star Maria Felix had Cartier make her this jeweled snake, top; Sophia Loren's gold and diamond necklace is also featured in a new exhibit.

monds and rubies with two spheres at the clasp by Seaman Schepps.

President Kennedy's cufflink collection included engraved rocking chairs and a pair in the colors of the U.S. and Mexican flags, a gift from the Mexican president in 1962.

President Reagan embraced his cowboy image: He had a leather and silver bolo tie made for him by Sunset Trails, along with a sterling silver "RR" belt buckle and silver and gold "RR" collar tips.

Earlier in the century, people had the patience to create their own "treasures" and then wait for them to be produced, explains Price. John D. Rockefeller, for example, designed his own hairbrush set; he wanted it to be beautiful since he'd

have to look at it each morning.

In more recent times, people sought out things they could wear right out of the store, Price says. To make those pieces "special," they'd put their initials on it or have the back engraved. She thinks the pendulum will swing again, though.

"There always will be the rock star who wants instant gratification right now, but as more people become educated about what the world used to be like, you'll see more custom-made or haute jewelry," Price predicts.

The exhibit runs through July 22 and there are plans for it to travel to the Field Museum in Chicago in the winter.

SAMANTHA CRITCHELL (AP)

Books



Who Knew That Yankees Could Cook?

Any cookbook that contains a recipe for raw oysters is puzzling, to say the least. But the "open, eat" instructions are one of the few misses in **DISHING UP MAINE** (Storey, \$20). To those who assumed that Maine cuisine was all lobster and more lobster, the "Fresh From the Farmer's Market" chapter offered up veggie yummys and the seafood chapter is worth a look for anyone tired of preparing the same old crab, clams and fins.

KRISTEN PAGE-KIRBY (EXPRESS)

Jewelry



Man, That's Ugly

Do you like NASCAR? Do you have an extra \$450 lying around? Do you want to wear a big hunk of metal around your wrist? If so, the new line of **NASCAR SPECIAL AND LIMITED-EDITION WATCHES** from **TISSOT** is for you! The T-Race, above (\$450, tissot.ch for information), has Swiss quartz movement, a carbon dial, a chronograph and a tachometer. Why does a watch need a tachometer? Because measuring stuff is cool! While women eschewed the hulking metal object, one male Express staffer said, "It looks cool. It appeals to my manly side." K.P.K.



from readexpress.com

Battle Over Noise in D.C.

NOISE REGULATIONS | This coming Sunday, a battle that has been brewing on the corner of **H AND 8TH STREETS NE** will be headed across town to **GEORGETOWN**. For months, a fight over noise has pitted some residents in the area against members of the **ISRAELITE SCHOOL OF UNIVERSAL PRACTICAL KNOWLEDGE**, a group that blasts its message over loudspeakers into the surrounding neighborhood for hours on most Saturdays. On Monday, **FREE RIDE** interviewed one of the residents, **DAVID KLAVITTER**, who is planning to yell through loudspeakers in Georgetown this weekend to see how residents of one of D.C.'s toniest neighborhoods like the kind of sonic blast he and his neighbors rou-

tinely endure. The interview sparked some comments, especially about the messages coming from ISUPK.

Commenter **LONNIE BRUNER** offered two questions: "1) How would the city react to white supremacists saying racist things on a busy city corner? 2) How would the city react if this were to occur every week on a corner in a richer area of the city? The answers are unsettling."

Said commenter **PAT KEEFE**: "What these people say may be hurtful, ugly and racist, but that's their right to say so (that is, until their own audience says 'enough.'). The noise, on the other hand, that's just plain discourteous." Let us know what you think at **COMMENTS@READEXPRESS.COM**.



SMOKY SIDEWALKS: Outdoor noise increases when smokers are forced outside.

DAY OF DOOM? | June 6, 2006, is 06/06/06, a sign that evil could come a calling, according to those who believe today's date has a tie to 666, the biblical mark of the Beast. In an unrelated note (or is it?), **ANN COULTER**'s new book, "Godless: The Church of Liberalism" hits bookshelves today.

MICHAEL GRASS (EXPRESS)

→ Coming up today

What happens when D.C.'s smokers are forced out on the sidewalk after the District's smoking ban goes into effect? Will the neighbors complain?

Plus, it's not too late to start gathering clues for our contest to win a trip to London. Check out readexpress.com to find out how to participate.

? Poll Center

TODAY'S QUESTION

Should the U.S. prohibit same-sex marriage?

1. Yes
2. No

YESTERDAY'S RESULTS

Will Iran halt its uranium enrichment program?

NO

60%

YES

8%

As of 6:30 p.m. Monday. Not a scientific poll.

WEIGH IN ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION LOOK AT HOW OTHER METRO COMMUTERS VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**



"These brave guys clean my windows every month. Do they get the respect they deserve? Probably not!"

CONSERVATIVEFUTURIST.BLOGSPOT.COM POSTS A PHOTO OF A WINDOW WASHER OUTSIDE THE BLOGGER'S OFFICE WINDOW SAYING OFFICE WORKERS EVERYWHERE SHOULD TAKE NOTICE AND GIVE PROPS TO THE ONES MAKING THEIR OUTLOOKS SO SQUEAKY CLEAN.

Bad Drivers

"Let's face it: Drivers in this area suck and they suck for two reasons: ... First, because the transportation infrastructure in this area is woefully inadequate ... And second, because the majority of you out there behind the wheel ... believe you're meant to be first in everything."

TRAFFIC-WATCH-DC.BLOGSPOT.COM ON D.C. AREA DRIVERS' HABITS ON THE ROAD.

On Gay Marriage

"... I fundamentally (pun intended) do not understand how you can treat someone with tolerance, respect, dignity and decency and discriminate against them at the same time."

REPUBLICOFT.COM FINDS PRESIDENT BUSH'S COMMENTS ON GAY MARRIAGE MONDAY HYPOCRITICAL.



Scared of Little Tykes

"This really signals the end of an era and the beginning of a new one — by next summer I'm going to be hanging out with my friends in their houses in Brookland as little babies scamper about. Which frightens me to death, as I would surely break them ..."

TWO OF ROCKCREEKRAMBLER.COM'S FRIENDS ARE PREGNANT AND HE'S AFRAID OF ACCIDENTALLY HURTING THE BABIES.

Lose the Fedora, Justin

"Justin [Timberlake] used to be so cute, in a harmless, loves-his-mama kind of way. But thanks for this crippling case of fedoritis—and some possible residual effects of the [Cameron] Diaz taint—he looks kind of weird and dopey."

GOFUGYOURSELF.COM DID NOT LIKE THE PROPER TOPPER FORMER BOY BAND IDOL AND GOSSIP TARGET JUSTIN TIMBERLAKE WORE TO THIS WEEKEND'S MTV MOVIE AWARDS.

Live Online

Washington Post media critic **HOWARD KURTZ** was online on Monday at washingtonpost.com/liveonline to discuss the exclusivity and the Clintons.

Can you explain in journalistic terms what an exclusive interview is? I saw the promo for Diane Sawyer's interview with the Dixie Chicks and they said it was an "exclusive interview." Yet I saw the Chicks on "Larry King Live" and some other shows as well. So why was this "exclusive"?

An exclusive interview in television terms is any sit down where the guest has not been on some other show in the last two hours and plans to stay off the tube for at least another hour after you finish.

Isn't it true of the White House press pool that if you are a reporter and you ask an "unapproved" question that you will not be called upon in the future to ask questions?

Basically, it isn't true. At every news conference, Bush takes questions from the wires, the networks and the major papers, and beyond that calls on whomever he wants. He might ignore a particular reporter if he's ticked about something, just as Clinton did, but that rarely lasts long.

Media Watch

A few weeks back, The New York Times published a front-page article speculating on the state of the Clinton's marriage and the effect it would have on Hillary Clinton's run for the presidency. David Broder mentioned the piece in a column of his a few days later. Both said that the reaction had been overwhelmingly negative yet both concluded that the story was important because "people" were concerned about it. Who are these people besides reporters for the Times and Post?

I believe their argument is that many Democrats are wondering what role Bill Clinton will play in his wife's candidacy, along with the general public fascination with the marriage that predates the Monica mess.

→ Today on Live Online

11 A.M.: Monica Cotto, fashion editor of *Elegant Bride* magazine, will provide tips and answer questions on bridal fashion.

NOON: Dr. Wen Shen fields your questions and comments related to women's health issues.

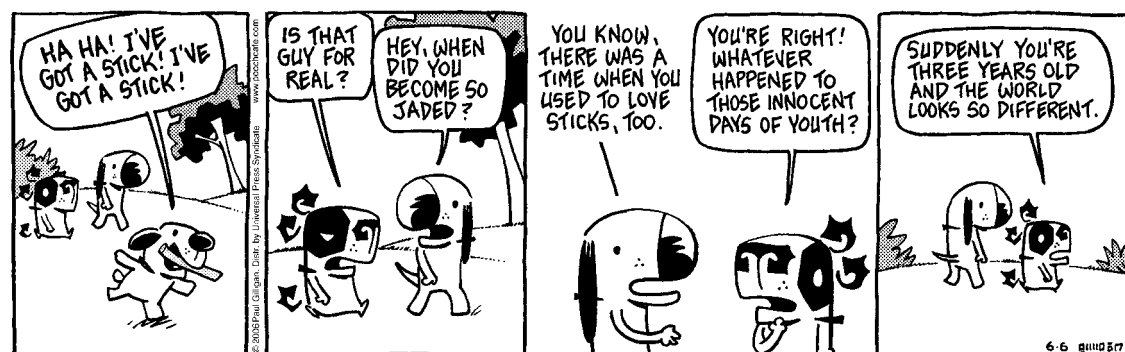
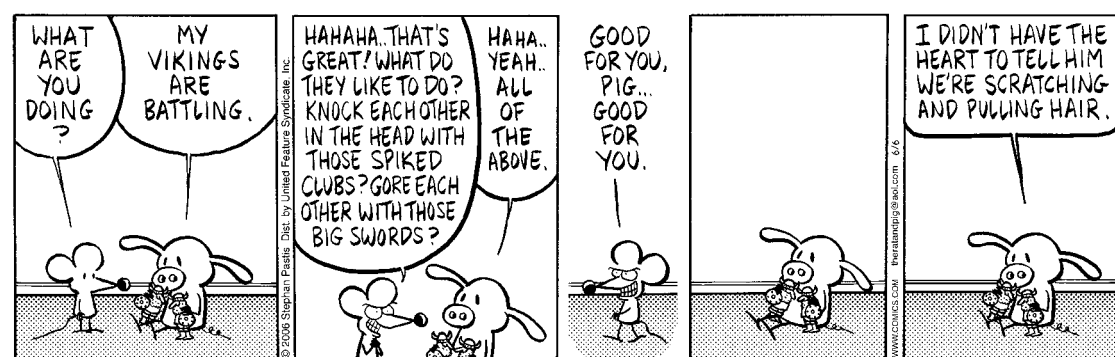
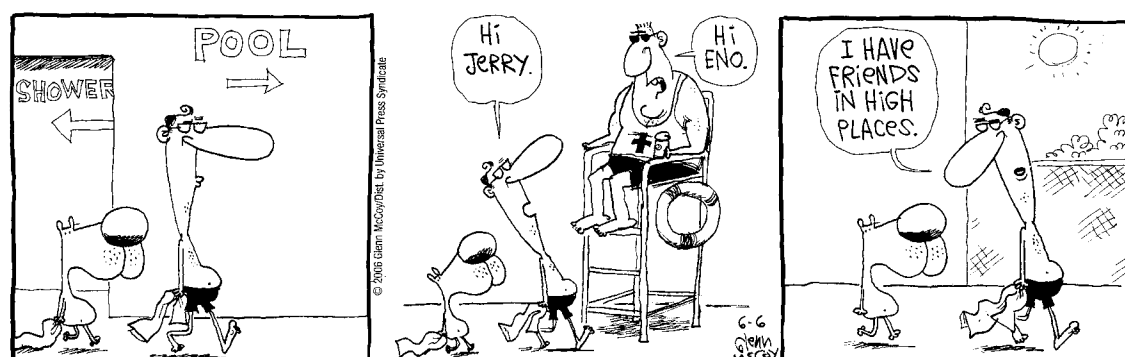
DON'T

FORGET HOW KIM JONG IL CAME TO POWER. You'll need to remember such details if you're going to give "Guess the Dictator or Sitcom Character" (smalltime.com/dictator) a fair shot at naming your totalitarian leader or TV show staple. It's actually pretty good.

Bizarro | Dan Piraro

Cornered | Mike Baldwin


"She takes all the credit."

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

GEMINI (May 21-June 20) A lucky number will appear and reappear throughout the day. Take care, however, that you don't place too much stock in the unexplained.

CANCER (June 21-July 22) Don't be resistant to the suggestions of someone who has been in your shoes before. He or she really does know the ropes and wants to help.

LEO (July 23-Aug. 22) The power you have inside will be tested in a manner that allows you to remain in the background, if you so desire.

VIRGO (Aug. 23-Sept. 22) You are likely to be subject to all manner of influences, from the interpersonal to the environmental. You may not be on an even keel.

LIBRA (Sept. 23-Oct. 22) You can be self-satisfied — but then you have a reason to be so, don't you? Don't simply rest on your laurels, however.

SCORPIO (Oct. 23-Nov. 21) You can do a great deal to promote someone else's

activities. Don't think you're being entirely selfless, however; you will benefit as well.

SAGITTARIUS (Nov. 22-Dec. 21) You can rise above all manner of situations and circumstances and prove that you are one of those who can be trusted to the fullest.

CAPRICORN (Dec. 22-Jan. 19) You may have to address issues that have recently been lurking in the background, but have decided to spring into the open.

AQUARIUS (Jan. 20-Feb. 18) You may have to make a small sacrifice to score a major gain tomorrow. Still, you should be sure to concentrate on the here and now.

PISCES (Feb. 19-March 20) You should be able to heighten an experience for another by taking part in such a way that you both surprise and satisfy.

ARIES (March 21-April 19) You're going to be moving right along, but don't be oblivious of the activities of those around you. You will be affected.

TAURUS (April 20-May 20) Your contentment has a chance to grow by leaps and bounds. Someone you know well will be sympathetic and help you toward a goal.

Letters

Don't Ruin the Show

AFTER READING THE ARTICLE on the MTV Movie Awards ("Awards That Pop") in Monday's Express, I feel there is no need to watch the show, since the article named some

of the winners. I know this isn't the Academy Awards or anything, but still, keep us readers in a little suspense next time.

—LEIGH SCOTT
Washington, D.C.

Correction:

An article in Monday's Express on the Charleston tea plantation didn't identify the location as South Carolina.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1660 Peace of Copenhagen ends a generation of war between Sweden and Denmark and fixes the borders they way are today.

1797 Napoleon Bonaparte forms Ligurian Republic in Genoa.

1944 Allied troops land on German-held beaches in Normandy, France on "D-Day."

1982 Israel invades Lebanon with 60,000 troops to drive out the PLO.

1993 At least 460 refugees, mostly women and chil-



British soldiers join U.S. forces in storming Normandy during D-Day.

dren, are massacred in Liberia, allegedly by rebels led by Charles Taylor.

2005 The International Criminal Court announces the investigation of alleged war crimes in Sudan's Darfur region.



ANDREW MILLIGAN/AP

Suddenly, K-Fed doesn't seem like the world's worst celebrity daddy.

PARENTING

Barron Trump: An Angry Teenager Waiting to Happen

DONALD TRUMP says he hasn't changed a single diaper of 10-week-old Barron's. "I would never ask to change him," Trump told the New York Post. "Melania probably wouldn't let me. I'd just do it wrong." (AP)

VOCABULARY

Triumphant or Ignominious: The Public Will Decide

TOM GREEN is getting another late-night talk show — this time online. Nearly three years after MTV axed his show, ManiaTV.com will begin hosting a weekly call-in program on June 15, live from his living room in the Hollywood Hills. (AP)



GOOD CAUSES

Honey, I Pimped The Baby

ANGELINA JOLIE and **BRAD PITT** will give the world its first peek at their newborn daughter by releasing photos of Shiloh Nouvel. The shots will be distributed by Getty Images, and all profits will be given to charity, though no specific foundation was announced. (AP)



WALTER BIERH/AP



WHERE'S MY CAR?

Oprah Crashed My Wedding And All I Got Were Dishes?

OPRAH WINFREY crashed several Tulsa, Okla., wedding receptions over the weekend, collecting footage that will be seen on her show. "When we were getting ready, we heard that Oprah was in town buying wedding gifts," said Sarah Klein, the sister of groom Ben Klein. "We were all joking that she should come to the wedding." And that's exactly what happened. "She came in wearing her pink dress and was all hidden under her hat," she said. "I knew it was her." Winfrey dropped off dishes and posed for a picture, then continued on. (AP)

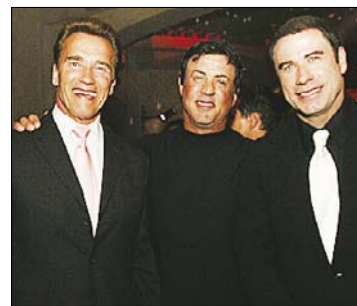
TRAFFIC

Unsafe Lane Changes? Hardly a Sexy Crime

DMX has again been charged with traffic infractions, this time after being pulled over in White Plains, N.Y. DMX was stopped on Friday



afternoon for driving his 2001 Chevy Suburban at unreasonable speeds and making unsafe lane changes. (AP)



Sly, Arnold and John Travolta. Awww.

MULTIFUNCTION

It's a Birthday Party ... And a Publicity Stunt!

It was a Planet Hollywood reunion at a 60th birthday celebration for **SYLVESTER STALLONE**. He was joined by fellow P.H. founders Bruce Willis and Arnold Schwarzenegger for the bash Sunday night at Stallone's soon-to-open Planet Hollywood Resort and Casino. (AP)

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LOOK out

Petty Beginnings

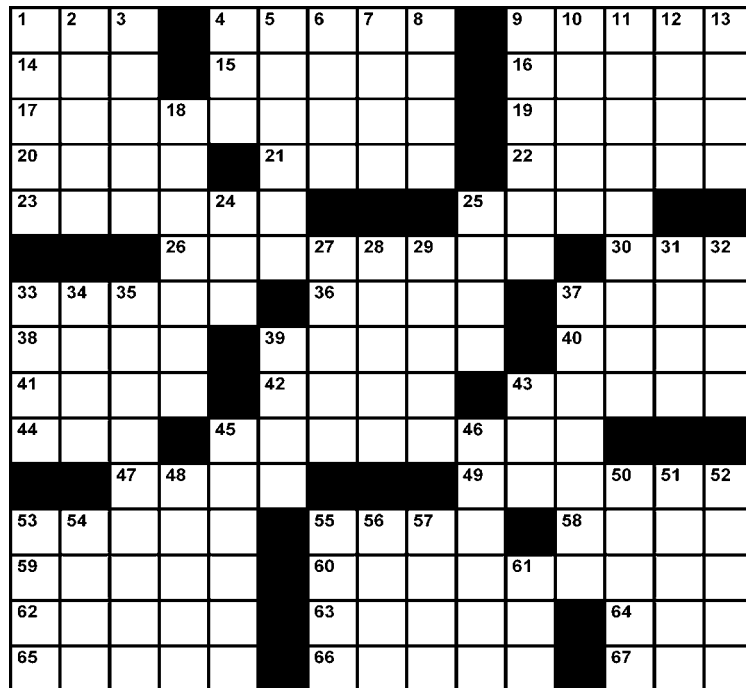
ACROSS

1 32nd in a noted series
4 What a rolling stone will not be
9 Sails close to the wind
14 "... good witch ___ bad witch?"
15 Fumble around in the dark, e.g.
16 Like a feeble old woman
17 Twin-hulled boat
19 Twine material
20 Word from the pews
21 Acrobats' securities
22 Old alternative to regular
23 Goods carried by a large vehicle
25 Where to find many an ancestor
26 They have to face the music
30 Grammy category
33 Morocco's capital
36 Nursery supply
37 Roman god of love
38 Spew out
39 Travesty
40 Source of misery
41 Very urgent
42 Russian city founded in 1716
43 Roller coaster's island
44 Peculiar
45 Circuit device

47 Shropshire sounds
49 Reach one's goal, e.g.
53 Quarters in quads
55 Resting upon
58 Hence
59 Not suitable
60 Swimming stroke
62 Subway entrance, e.g.
63 Got it wrong
64 Seemingly forever
65 Copier additive
66 Ripened ovules
67 Wynken and Blynken's partner

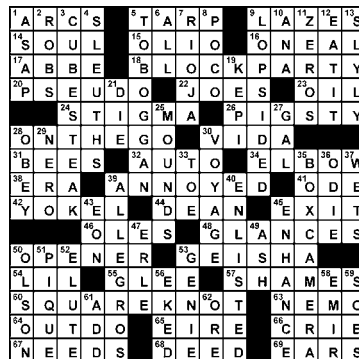
DOWN

1 Type of point
2 Emotional series of events
3 Assessed
4 Famed movie studio
5 Agent of the Vietnam War?
6 Painful
7 Small fight
8 Itchings and hankering
9 Light-producing devices
10 Merge
11 One angling for dinner?
12 Tear with a whip
13 Auction off
18 Bring to life
24 "The Confessions of ___ Turner"
25 Hefty volume



27 Doesn't just close
28 Some Rodins
29 Gets ready to break
31 First-class
32 Fair game
33 Overhaul
34 In the center of
35 Loon
37 Canceled a space mission
39 Competitors
43 Folding bed
45 Certain set of horizontal lines
46 Accessed (with "into")
48 More than enough
50 "Our Miss Brooks"
51 Inuit home
52 What may be in sight?
53 Do some housecleaning
54 Words with latch or catch
55 Some fruit drinks
56 Lacerated
57 Fairy-tale monster
61 They can get personal

Yesterday's Solution



Su|do|ku

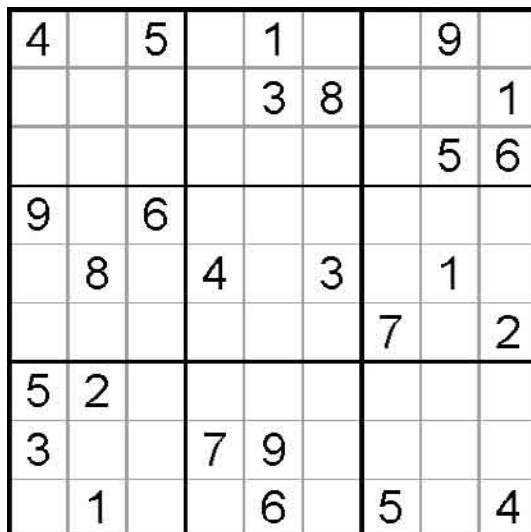
Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution



Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



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THIS
YEAR I
GIVE
THANKS
FOR MY
LIFE!

R. Donald Tomasik

I wanted to write and let you know that I am eternally grateful to you for saving my life! I saw an ad for mobile ultra-sound tests for a year before actually signing up to be tested. I just had a feeling that something wasn't right; my wife kept urging me to spend the \$179 and get checked for nothing else but the peace of mind.

Boy, am I glad I did, it was found that I had a 5 1/2 centimeter aortic aneurysm. I was able to take my test results to my primary care physician and be referred to a specialist, Doctor Showalter, who's first question was 'how do you know you have an aneurysm?' I showed him my HealthFair test results and he smiled and said, 'those HealthFair screenings probably saved your life!'

That was in February 2003 and after a successful surgery, I'm happy to say I'm in good health in 2004 and indebted to HealthFair USA for saving my life! Unfortunately our friend Connie in Vermont didn't have an opportunity to have these inexpensive tests and died of a ruptured aneurysm. We miss her and hope to see HealthFair mobile units all over the country someday. It really is necessary to have these tests since Medicare won't pay for preventative screenings and I couldn't afford to pay the hospital price! Thanks from both Marge and I for your 7 test package, it was truly an investment in my health!



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What this means for you.

Accreditation by JCAHO is considered the Gold Standard in health care. JCAHO is a not-for-profit organization dedicated to raising the level of safety and quality of care in all health care settings. Since 1951, JCAHO accreditation has been recognized within health care as a symbol of quality. HealthFair USA is accredited just as the hospitals in your community are accredited.

Accreditation means that HealthFair USA has volunteered to undergo a challenging, comprehensive evaluation. HealthFair USA has made a significant extra effort to review and improve the key factors that can affect the quality and safety of your care. Doctors and nurses from JCAHO personally visited HealthFair USA to conduct an intense on-site review and looked at how well the company: 1) provides a safe environment of care, 2) protects your rights as a client, including your right to confidentiality, 3) educates you about the risks and options for diagnosis and treatment, 4) protects you against infection, and 5) plans for emergency situations.

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ULTRASOUND TEST OF THE HEART & ARTERIES

Springfield
June 7th & 21st
VFW Post 7327
7905 Kincannon Pl.

McLean
June 9th
Staybridge Suites
6845 Old Dominion Dr.

Bethesda
June 10th, 17th & 24th
YMCA - Arylawn
5650 Oakmont Ave.

Vienna
June 16th
Fitness First
8150 Leesburg Pike 32

Rockville
June 23rd
Rockville Presbyterian Church
215 W. Montgomery Ave.

Falls Church
June 27th
St. Patricks Episcopal Church
3241 Brush Dr.

Reston
June 28th
Sunrise Assisted Living
1778 Fountain Dr.

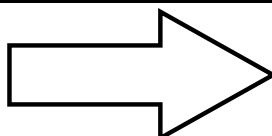
Alexandria
June 30
Woodbine Rehab and Health
2729 King St.

Accredited by the
Joint Commission
on Accreditation of
Healthcare Organizations.



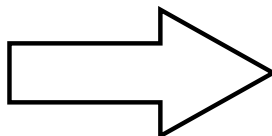
HEART ATTACK PREVENTION PACKAGE

ECHOCARDIOGRAM
ULTRASOUND TEST



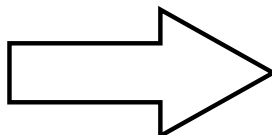
Echocardiogram is a video ultrasound of the heart. It may detect enlargement of the heart, valve abnormalities, blood clots and tumors.

ELECTROCARDIOGRAM
(EKG) TEST



EKG may detect ischemia, silent heart attack and atrial fibrillation. EKG provides a picture of the electrical activity of the heart.

HARDENING OF THE
ARTERIES (ASI) TEST



Hardened arteries cause the heart to work harder, which leads to vascular disease. ASI test shows the degree of hardening of the arteries.

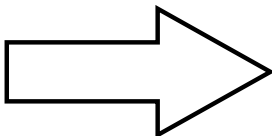
ALL 3 TESTS



These cardiac tests are painless and non-invasive. The combined cost is more than \$1,300 at most hospitals.

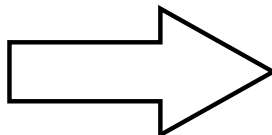
STROKE & ANEURYSM PREVENTION PACKAGE

STROKE/CAROTID ARTERY
ULTRASOUND TEST



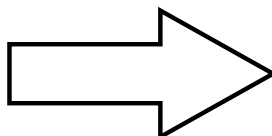
Many strokes are associated with blockages in the carotid arteries that may be detected with an ultrasound.

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ANEURYSM TEST
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Abdominal aortic aneurysms form as a result of a weakness in the lining of the artery wall that may be detected with an ultrasound.

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From burns to break-outs, some solutions to the season's biggest annoyances | **E7**

NUTRITION

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Veggies and steaks grown in North Dakota sprout on the menu in Georgetown | **E6**

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How to muscle through
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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



Am I Depressed? Will Demi-n-Ashton Last?

Q This may sound like a very odd question, but I am asking because I want some clarity about the symptoms of depression. I'm 23, I'm hard-working and I take good care of myself. I don't have crying spells or real "sadness," but I just feel this emptiness a lot of the time. I know I'm not suicidal, but I sometimes feel that my life is disconnected from me, like I really don't care and that I can't really feel much at all. I'm wondering if this is what depression is, and whether or not this would be targeted by meds and therapy? —ANONYMOUS



ERIC REECE

Depressions, like gourds, come in all shapes and sizes. It may be very hard to recognize oneself in dry, clinical checklists; after all, lives aren't lived in the form of yes or no answers. Though I could not and would not diagnose you by a letter, several aspects of what you

said stuck out to me. The apathy and disconnectedness with emotions could indeed be signs of a depressive disorder.

But I also get the deeper, philosophical aspect of what you're asking about — the "emptiness" that

seems difficult to put into words. Many people with depression seem to experience this, like a light has been turned off, or that the poetry of daily existence is gone. It is similar to anhedonia — losing pleasure in things that would otherwise be

enjoyable, which is one of the classic symptoms (among others) of depression.

Forget about checklists — if the emptiness is weighing you down, you deserve to feel better. A good therapist won't force you into a category; they will hear you out and help you give words and meaning to those difficult feelings and sensations. And the more you can understand, describe and express those feelings, the better you can learn to counteract them. A psychodynamic therapist might be particularly helpful in your case. They'll be less concerned with quantifying and more interested in fleshing out what it is that makes you tick and why that inner motor sometimes has a hard time keeping up its pace.

Q My mother is about to get married to a guy who is only 7 years older than I am. He is a decent guy, but I am doubting that their love will last — what could they have in common? For the record, she's 47, he's 31. Let's be honest here: Does the evidence ever back the success of these marriages? —DOUBTING DAUGHTER

Indeed, there are barrels of marriage research out there. So much, in fact, that it's impossible to know where your Mom and Boy Wonder stand in terms of their odds, as there are far more important aspects of

It's impossible to know where your mom and Boy Wonder stand in terms of odds.

their fit than their age difference — their relationship histories, goals, morals, families, communication styles and whether he insists on boycotting Valentine's Day because it's a "Hallmark Holiday." It's understandable to wince when your parent chooses someone who was barely old enough to baby-sit you, but rest assured that age alone is unlikely to make or break their chances.

The doctor is in: Dr. Andrea will answer questions at 1 p.m. on Thursday as part of WashingtonPost.com's Wedding Week | washingtonpost.com/liveonline.



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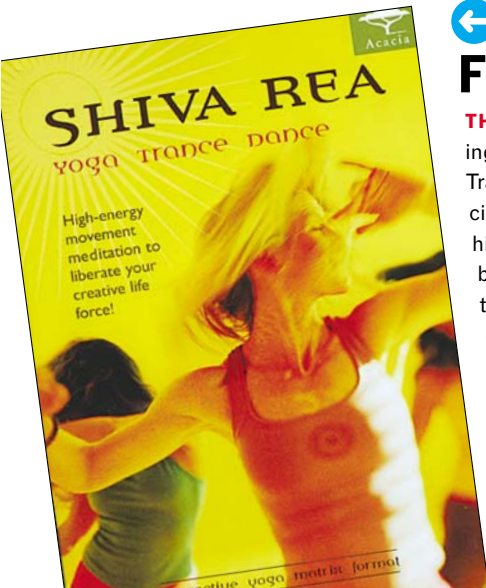
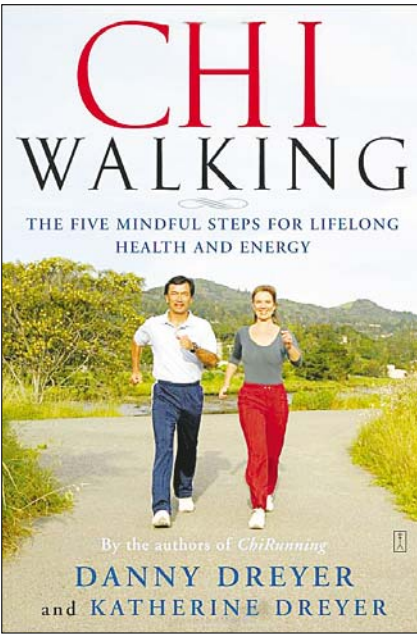


↑ Wedgie-Free Workout

LONG RUNNING SHORTS can make you feel like an escapee from the mid-'90s, but short-shorts create other fashion-victim issues — like when they wedge into your butt, exposing more of your posterior than is polite. The mid-thigh-length Brooks Epiphany Running Short (\$36, brooksrunning.com) boasts a “no-creep” design that keeps your hemline down while you’re working up a sweat. The technology is simple: The shorts are a tad longer in the back to provide more posterior coverage, and the soft, stretchy fabric refuses to bunch. We were expecting a slip-up, but by mile three, we were won over.

→ Strolling Right Zen

FROM THE GURU behind “ChiRunning” comes a new book on “ChiWalking” (\$15, Fireside). The Tai-Chi-meets-yoga-meets-power-walking technique involves mindful stepping, good posture and swinging one’s arms back from the torso while in motion, which looks a bit weird. (When this tester tried it, her husband said, “Are you modeling?”) But despite its kinda catwalk-y feel, the method made her feel worked out and stretched out.



← Trance Out, Feel the Love

THE HAPPY HIPPIES prancing around in “Shiva Rea Yoga Trance Dance” (\$20) prove exercise can kinda resemble being high. Rea, a blonde California babe, has taught her yoga-trance hybrid for more than a decade, and now you can experience it at home — just move the furniture out of the way first. Her DVD starts with traditional warm-ups and yoga poses, then moves to free-form dance exercises, which involve things like pretending you’re a giant cat.



→ Just Don’t Call It Juice

THERE’S NOT A HECK OF A LOT that’s explicitly healthy about Diet Ocean Spray, a low-calorie juice-type drink. The benefits are more apparent in what it can be substituted for — namely, diet sodas with even less nutritional value. Both Orange Citrus Spray and Cranberry Spray have just enough juice (and artificial coloring) to resemble their namesake fruits; Splenda provides the sweetness, though perhaps a little too much. Each 8 fl. oz. serving has but five calories, and Ocean Spray throws in 20 percent of the U.S. RDA of vitamin C. In sum, the drinks are healthier than Diet Coke ... but they have no caffeine.

PRODUCTS
GuineaPig



The Flour With More Power

ONCE LUCKY CHARMS went all whole grain on us, it was only a matter of time before everything started getting fortified. The latest twist is Healthy Choice UltraGrain Flour (\$2.29, in Wal-Mart this June, with other stores to follow), which is whole-wheat flour milled to look and taste like the white kind. So we put it to the ultimate test: chocolate-chip cookies. What could be more white bread?

First, we inspected the flour. Unlike the bright white of our bleached, all-purpose standby, the UltraGrain looked a little darker — what a J. Crew catalog might describe as “ivory.” As for taste and consistency, in its pure form, it played its part well.

The resulting baked goods had a slightly nutty flavor that was indefinably healthier-tasting. While some said the cookies were dry and/or doughy, those traits could be attributed to our poor baking skills. We’re pretty sure white flour should enjoy its final days before UltraGrain and other imposters start their inevitable takeover. v.h.

Socks for Fleeter Feet

Running socks offer extra comfort and support to joggers

SCIENTISTS AND ENGINEERS have devoted decades to studying the sneaker, but they’ve recently developed a wandering eye — for socks. “Clothing is the next frontier in development for athletic gear,” said Shawn Fenty, manager of Fleet Feet

Sports in Adams Morgan. Whatever fancy name manufacturers dub their high-tech textile (CoolMax, Dri-Fit), customers should be looking for a polyester blend that will draw sweat away from the foot. “Moisture buildup can lead to fungus or blistering,” Fenty noted. Another major sock advance: Adding different weaves and extra padding to better support various



Oxysox may help reduce muscle fatigue.

parts of the foot. It’s a matter of individual preference and foot shape as to what works. A thick sock may make shoes too tight; a thin sock could make runners feel like they’re swimming in their sneakers. For those looking for something more out of the ordinary, Fenty’s a fan of Injinji socks, which fit like gloves rather than mittens to wick away even more moisture. And many swear by Oxysox, a brand of compression socks that promises to reduce leg muscle fatigue. VICKY HALLETT (EXPRESS)

VITALSTATS

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PERCENTAGE OF STUDENTS AT PRINCETON AND CORNELL WHO INTENTIONALLY INJURE THEMSELVES, ACCORDING TO A STUDY

| THE EXPERT'S

TrainReaction



Push Yourself

Q I'm always traveling because of my job. Can you tell me what exercise equipment I should bring with me so I can work out on the road?

WITH AN INFLATABLE STABILITY ball, a JC travel band and some five-pound ankle weights, you can get a full-body workout in any hotel room. Start on the floor with some knee-up crunches and planks. Use your equipment to work your chest, back, shoulders, arms, legs and glutes, in that order. The band (\$17, performbetter.com), which can be secured in the crack of a door for easy use, is a great way to work the chest and back, and to isolate the arms. Put the ankle weights on your wrists and raise your arms to work your shoulders. Use your ball (try the Gymnic Burst-Resistant Plus, \$20.50-\$35, fitbuy.com) to do some squats and side lunges. Perform two sets of 12 to 15 reps for every exercise.

Matthew Blair Davis is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training for Northern Virginia and D.C. E-mail him at matt@functionalrevolution.com.

Muscle Through

Stick with your workout when motivation wanes

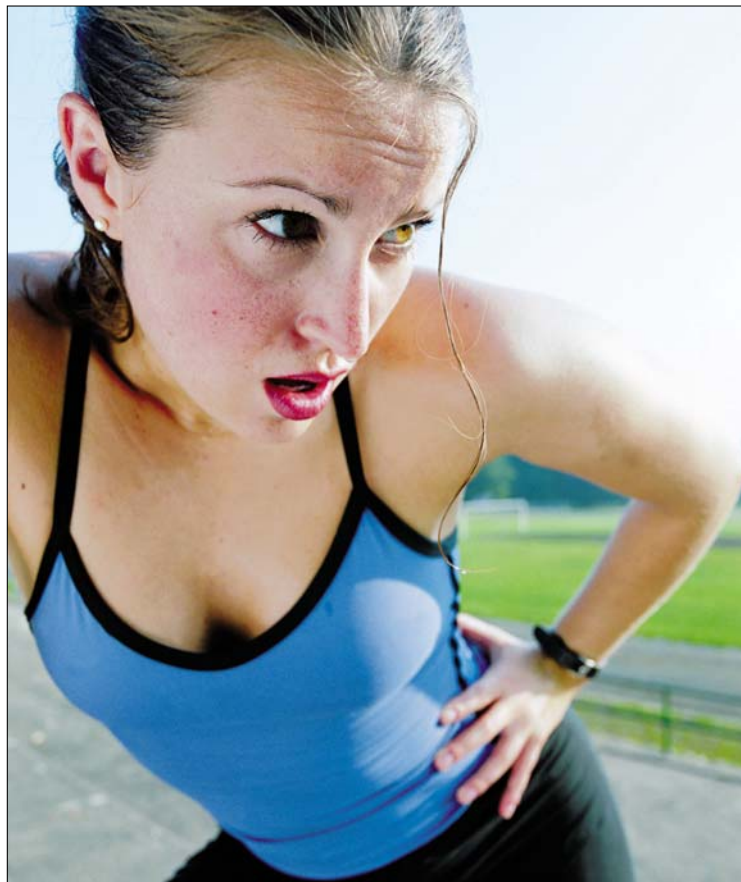
We all have reasons for pink-slipping our workouts. But the biggest reasons for bailing come from the signs our bodies send us: cramping legs, burning lungs and side stitches.

If you want results, you'll need to see your aches and pains for what they really are: ancient history. "When we were cave people, pain and discomfort told us our lives were threatened. Our brain would say 'Stop!' to increase chances of survival," said sports psychologist Jim Taylor, author of "The Triathlete's Guide to Mental Training." In other words, we're hardwired to wimp out. Here's how to keep going when your body's telling you to give it up.

Running

WHY YOU STOP: Your legs are so sore you're rethinking your aversion to the smell of BenGay. You've tapped your anaerobic threshold (when muscles begin working without oxygen), and your body is producing more lactic acid than it can clear, causing a burning sensation in your quads and glutes.

THE FIX: "Resting for a minute or two will allow your body to take in more oxygen, which you need to help flush the lactic acid," said Andrew Mackey, a holistic fitness specialist in San Diego. Walking is OK, but Mackey also suggests stretching while you rest to separate the muscle fibers and improve circulation. Try the Stork to stretch quads and hips: Stand on one leg and pull the other behind you, bringing your heel toward your butt. Don't bounce!



GETTY IMAGES

Cardio Machines

WHY YOU STOP: Cardio machines can be tedious. Very tedious.

THE FIX: Creating intervals will trick your mind into thinking the workout's moving quicker. "Watch the timer, but not in a 'When am I finished?' way," said Laura Keller, a trainer at the Stone Clinic in San Francisco. Instead she suggests this change-up: Do two minutes at a fast pace, then drop it down for one minute, alternating until you're suddenly out of time. On the elliptical, try changing direction every three minutes.

Cycling

WHY YOU STOP: You've burned through your breakfast bagel and last night's lasagna, which are stored in your body as glycogen (a sugar that's the main energy resource during exercise). But you still have some fat, which packs nine calories of energy per gram (versus four in glycogen). Use it.

THE FIX: "When you notice yourself going from 10 mph down to two, or it feels like someone's pulling your back tire, eat before anything else," said Kristen Dieffenbach, USA Cycling coach. Her rule of thumb:

For every hour of cycling, bring at least 20 ounces of water and 200 to 260 calories in the form of sports drinks, bars or gels. Sip every 15 to 20 minutes, rather than chugging, to keep yourself hydrated throughout your ride. She uses this drill to improve efficiency: Pedal as fast as you can for the length of five telephone poles (usually spaced about 100 feet apart), slow down for three poles, then speed up again.

"When we were cave people, pain ... told us our lives were threatened."

Strength Training

WHY YOU STOP: It's easy to lose motivation when you're doing reps.

THE FIX: You build strength when your muscles break down and your body repairs them by creating tougher muscle tissue. "If you push to complete your reps, you'll challenge your muscles that much more, so your body will have more microscopic tears to repair," Mackey said.

According to Per Lundstam, a trainer for the U.S. Ski Team, you barely begin to break down muscles during the first few reps, which is why he suggests this trick: If you're trying a new exercise, start with an empty bar or two-pound dumbbell and do six reps to practice isolating the muscle contraction. Add weight until you feel yourself using other muscles or momentum to complete the movement, and then drop the weight by five pounds. You should be able to complete 10 reps at this weight. SARAH TUFF (REPRINTED BY PERMISSION OF WOMEN'S HEALTH MAGAZINE.

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VITALSTATS

42

THE WIDTH, IN INCHES, OF A STANDARD HOSPITAL-ROOM DOOR. SOME FACILITIES ARE WIDENING DOORS TO FIT OBESE PATIENTS.

running for congress

■ Rep. Zach Wamp

AT THE START of each week, Tennessee Republican Zach Wamp checks the weather and crafts his exercise strategy. In addition to a six-mile run every other day, he swims, bikes, plays basketball and more. After all, as co-founder and co-chair of the Congressional Fitness Caucus, he needs to be a role model. VICKY HALLETT (EXPRESS)



"If they've been sweating, they seek me out," Wamp says of his Hill colleagues. "I'm an encourager and I'll take note—when I see someone, I'll say, 'You looked good on that treadmill today.'"

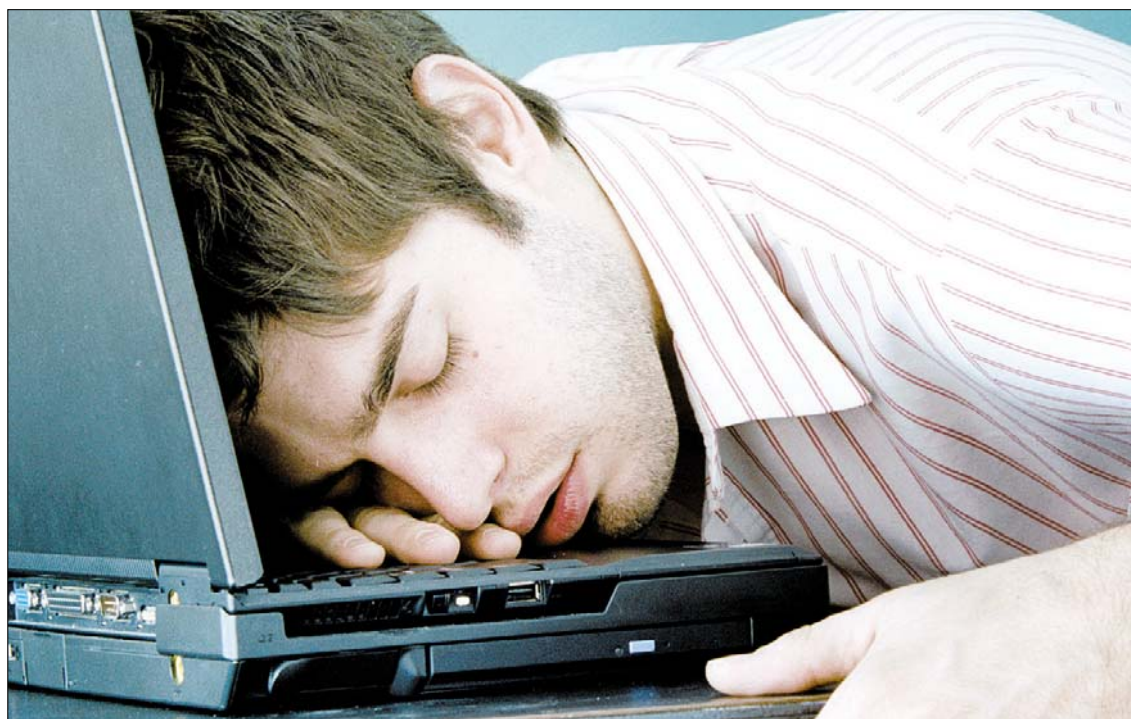
"I try to limit the red meat I eat, so when I go out in Washington, I order fish."

"When I was in Tokyo, every morning, I was running in the streets.

Everywhere I go, I like to see the place at daybreak on my feet."

"I grew up with Bando and Tae Kwon Do, which is where I learned mental toughness."

"I broke my hand diving for a loose ball on the basketball court and was out for six weeks. So I'm moving toward non-contact sports."



GETTY IMAGES

Doze-y Don'ts

Myths about sleep could be keeping you awake

If you're one of the 60 to 70 million Americans with a sleep problem, there's a good chance a misconception or two may be keeping you up at night.

Before you invest in a \$1,500 mattress or spend a couple of nights wired with electrodes in a sleep disorders center, follow our truly soporific suggestions for a good night's rest.

Myth 1: Everyone needs at least eight hours of sleep a night.

Since our sleep requirements are partly inherited, some of us need more, or less, than others. For now, the consensus is that it ranges from as little as five hours to as much as 11 hours.

Myth 2: Nodding off during a boring meeting — especially in the mid-afternoon — is normal.

It's normal to feel slightly less energetic in the afternoon. But if you feel downright drowsy, you may be running a significant "sleep debt" — the total hours of sleep you've lost. If your sleep is interrupted once in a while, one good night's sleep will help you feel refreshed. But if you're regularly cheating yourself "to get

things done," you have a sleep disorder of your own making. To remedy it, adjust your bedtime.

Myth 3: If you have insomnia, you need to go to bed earlier, sleep later or nap.

Step away from the bed! All three of those "remedies" could make your insomnia worse. Just as you're not eager for a big evening meal if you pig out all day, you're not going to feel tired if you nap. Instead, go to bed an hour later to make yourself more tired.

Myth 4: You have to miss a lot of sleep for at least a couple of

Just as you're not eager for a big dinner if you pig out all day, you won't feel tired if you nap.

days before it affects your performance.

Losing even 90 minutes for just one night can reduce your day-

time alertness by as much as 32 percent. That's enough to impair your memory, thinking ability and safety. If you miss several hours of sleep one night, consider calling in sick the next day. Or ask if you can work from home. That way, you won't have to drive.

Myth 5: Exercising too close to bedtime is bad.

That's not true for everyone. In fact, research shows that even vigorous exercise right before bedtime doesn't affect sleep for many people (and in some cases it may help).

Myth 6: You have to be a chronic insomniac to take prescription sleeping pills.

Actually, sleeping pills are most helpful if you take them before insomnia becomes chronic. Newer prescription drugs, such as Sonata and Ambien, can help you drift off within minutes and stay asleep.

Myth 7: If you take sleeping pills, you'll become addicted.

The newer drugs are unlikely to leave you hooked. Getting off sleeping pills, however, can be tricky. Stopping abruptly can trigger a recurrence of insomnia, so it's important that your doctor taper your dose.

Myth 8: If you need to finish a project tomorrow, go to bed at your regular time, get up in the wee hours and finish it then.

Do just the opposite. If you have only four hours to spare for sleep, snoozing in the early morning (2 a.m. to 6 a.m.) will benefit you more than will late-night sleep. You'll still function worse than you would with a full night's sleep, but better than you would had you gone to bed at 10.

BARBARA LOECHER (REPRINTED BY PERMISSION OF PREVENTION MAGAZINE. © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you eat paint, dirt or clay? Post-It notes? Lint? Those environmentally friendly packing peanuts that dissolve in water? Lots and lots of ice? You may have **PICA**. This eating disorder, which can usually be linked to nutritional deficiencies or mental illness, means, simply, that you eat stuff that's not food. Pica doesn't mean you eat food with no nutritional value; Cheetos are a veritable garden of vitamins compared to plaster chips. Two types of pica have their own tremendously useful names: Pagophagia is the compulsive eating of ice, and geophagy is the eating of earth. Ice-eating is sometimes a symptom of iron-deficiency anemia.

SOURCE: NATIONAL ORGANIZATION FOR RARE DISORDERS, MERCK MANUAL. NOT A SUBSTITUTE FOR MEDICAL CARE.

| STUDIES

Stethoscope



Slipknot Might Not Work, However

Music could help drown out chronic pain, a study published in the *Journal of Advanced Nursing* suggests. After listening to an hour of music per day for a week, chronic pain patients felt better — less depressed, more empowered and more comfortable. The type of music didn't matter, as long as the patient liked it; in the study, the subjects chose their own tunes.

Death With Dignity

Doctors are reporting a disturbing rise in the number of cancer patients getting chemo and other aggressive but futile treatment in the last days of their lives. Critics of the practice say doctors should be concentrating instead on helping these patients die with dignity and in comfort, perhaps in a hospice. Nearly 12 percent of cancer patients who died in 1999 received chemotherapy in the last two weeks of life, a large review of Medicare records revealed. (AP)

Nobody Likes an Authoritarian Parent

"Clean your plate or else!" and other authoritarian approaches to parenting can lead to overweight children, according to a new study published in the journal *Pediatrics*. Strict mothers were nearly five times more likely to raise tubby first-graders than mothers who treated their children with flexibility and respect while also setting clear rules. But while the children of flexible rule-setting moms avoided obesity, the children of neglectful and/or permissive mothers were twice as likely to get fat. (AP)

| THE EXPERTS

ChewOnThis

An Omelet OD?

Q I love eggs. I know too many eggs can give you high cholesterol. How much is too much?

Eggs contain “bad” saturated fat and cholesterol, but they’re also rich in protein, iron, B vitamins and other minerals essential for good health. Recent nutrition research shows that eating an egg a day is not likely to raise cholesterol levels. Keeping cholesterol in check is important, because high blood cholesterol is a major risk factor for



coronary heart disease and stroke. To cut back on “bad” saturated fat and cholesterol, prepare eggs in a pan lightly sprayed with olive oil. Go easy on fatty accompaniments like bacon and sausage. You might try scrambling one yolk and a few egg whites, since the yolk contains the fat and cholesterol. Another tip: When you eat eggs for breakfast, balance your diet later in the day by having a vegetarian lunch or dinner, which cuts cholesterol and “bad” saturated fat.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Beyond Bison Burgers

Farm-fresh vittles bring a healthful taste of Fargo to Georgetown

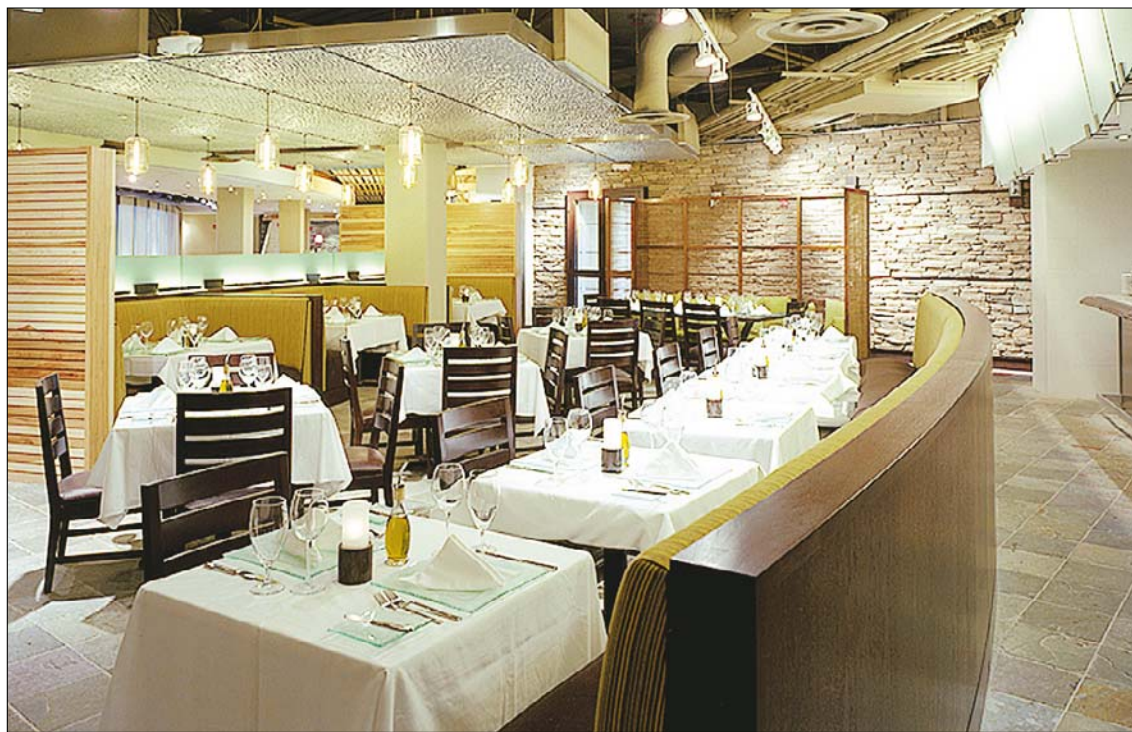
Tractor talk may seem out of place in prepped-out Georgetown, but that’s where the North Dakota Farmers Union decided to launch its first fine dining establishment, **Agraria** (3000 K St. NW; 202-298-0003; agrariarestaurant.com). The restaurant opened Saturday, putting forth the motto: “From our fields to your table.”

Express’ Vicky Hallett talked to general manager Tom Prescott to find out how revolutionary this concept is—and what P.C.-yet-delish dishes are showing up on the menu.

Why is eating your food healthier? The benefit of this model of sourcing fresh farm food is we know where the product is coming from. We know how it was grown and harvested, if it really is organic or pesticide-free. We know that our free-range chicken from Pennsylvania roamed free until it met its untimely demise in a humane way.

That’s nice. There’s a security aspect as well. We can verify, from the moment the crop has been pulled out of the ground, that it hasn’t been tampered with.

Other restaurants don’t do that? I would assume [other] restaurants are taking care of dealing with the risks associated with the global war on terror, but if you go through distributors with numerous switch points, it’s harder to monitor. We’re going direct to gain the product at the highest level of freshness.



DINING OUT, DAKOTA STYLE: Agraria dishes out straight-from-the-field steaks and veggies in a city-slick Georgetown space.

How fresh is that?

We’re working with an organic farmer in Philadelphia. He calls our chef in the morning to see what he wants, and then the farmer literally picks it and brings it to us with the dirt on it.



Is this info on the menu?

We’ve tried to minimize what will be on the menu but the servers will be the best avenue to find out all of this. Ultimately, we’d like to bring the whole staff on trips to farms so when a diner asks about a dish, the server can say, “Well, I’ve met the farmer, and ...”

“The benefit of this model of sourcing fresh farm food is we know where the product is coming from.”

How much of the produce will be local?

We’re going into the right season to get a large amount of our vegetables from the area. Everything is spectacular to taste because these

products haven’t gone through the usual system. The produce you get from the grocery store has been sitting in transit for six or seven days.

Anything yummy right now?

The chef very much likes the organic greens he’s been getting. There’s an Asian mixed salad that has been a big focus of his.

So is any of the food actually healthy? Like low in calories or fat?

We believe in everything in moderation. Some things will be pan-seared and deep-fried. But a selection of our first courses would work.

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Fruits of the Sea in the Soup

■ Fish and Shellfish Stew, serves 4

PREP TIME: 45 minutes, start to finish

INGREDIENTS: 2 teaspoons butter; 2 stalks celery, chopped; 1/4 cup finely chopped yellow onion; 4 cups low-sodium chicken broth; 1 bay leaf; 6 small red potatoes, quartered; 1 1/2 pounds cod, halibut, and sea bass fillets; 1/2 pound bay scallops; 1 teaspoon minced fresh thyme; 2 tablespoons minced fresh parsley

GETTING STARTED: Melt butter in a large saucepan over medium heat. Add celery and onion and saute until onion is translucent, 2 to 3 minutes. Add chicken broth, bay leaf, 1/4 teaspoon salt and 1/4 teaspoon pepper. Bring to a boil, then



reduce heat to low, and simmer for 10 minutes. Raise heat to medium, add potatoes, and cook until nearly fork-tender, about 10 minutes.

Cut fillets into pieces and add to pan along with scallops. Cook until just opaque, 3 to 4 minutes. Add thyme and parsley. Adjust seasoning. (AP)

Per serving: 278 calories, 43g protein, 17g carbs, 4g fat, 88mg cholesterol, 478 mg sodium

Looks | fit



Beyond the SPF

Five of summer's worst skin catastrophes solved

As anyone who's ever had a scorching sunburn or a nasty case of poison ivy can attest, summer can be hard on skin. Luckily, most of the damage is easy to remedy.

Here are fast fixes for five common seasonal snafus, plus steps to safeguard your skin through Labor Day and beyond.

The Problem: You're breaking out on your back, shoulders and chest, and your regular soap isn't helping.

The Fix: Wash with a body cleanser that contains benzoyl peroxide or salicylic acid, ingredients that unblock pores and dry up excess oil. (Don't scrub; it may inflame skin.) Try Neutrogena Body Clear Body Scrub (\$6, drugstores). To prevent breakouts, dust talcum powder on your back and chest to help absorb perspiration, and look for oil-free products that are labeled noncomedogenic, which means they won't clog pores. Avoid form-fitting clothes that hold heat and moisture close to your skin, and change into fresh gear ASAP after perspiring heavily.

The Problem: You got caught up in the excitement of your kid's Little League tournament and forgot to

reapply sunscreen. Now your skin is beet red.

The Fix: Avoid the sun until the skin has healed completely. "Sunburned skin temporarily loses its protective barrier, so it's more susceptible to subsequent burns," said Dr. Fran Cook-Bolden, an assistant clinical professor of dermatology at Columbia University College of

Dust talcum powder over breakout-prone areas to absorb moisture.

Physicians and Surgeons.

To reduce inflammation and pain, pop an aspirin and take as directed until the burn fades. Soaking in a bath of cool or lukewarm water laced with a handful of baking soda will also ease the burn. Afterward, gently pat on a topical over-the-counter hydrocortisone cream to help reduce swelling.

The Problem: An ultraclose shave left you with ingrown hairs around your bikini line.

The Fix: Wash with an anti-bacteri-

al soap to quell inflammation. Gentle use of a loofah or washcloth every other day will help dislodge trapped hairs and prevent their return. For a chronic case, try Bliss Ingrown Hair Eliminating Peeling Pads (\$35), which contains salicylic acid, an exfoliant that keeps ingrowns at bay.

The Problem: That "grass" you rested in after your hike was poison ivy, and now you can't stop itching.

The Fix: Treat mild rashes with hydrocortisone cream. Bathing in tepid water with 1 cup of oatmeal may also alleviate the misery. If that's not enough, take an antihistamine such as Benadryl. Because heat and sweating can aggravate the itch, stay as cool as possible.

The Problem: A beach vacation left your skin drier than a desert.

The Fix: After swimming, rinse with fresh water to remove any salt or chlorine buildup, which can further dry out and irritate skin. Keep baths and showers short (no longer than 5 minutes) and use a mild cleanser and warm water. After bathing, towel-dry and moisturize immediately with a rich lotion. You need to seal in the moisture while you're still slightly damp. NORINE DWORKIN (REPRINTED BY PERMISSION OF PREVENTION MAGAZINE © RODALE INC.)

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